

A surreal image of a road stretching into space. The road is dark blue with yellow dashed lines and a solid yellow line on the right. A yellow diamond-shaped sign with a black border and black text is on the right side of the road. The background is a deep space scene with a large spiral galaxy at the top, a red planet on the left, and a blue and red planet on the right. The text 'INGOT 1995' is at the bottom.

**BEYOND  
THIS  
POINT**

**INGOT 1995**





the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 12.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office of National Statistics 2000).

There is a growing awareness of the need to address the needs of older people in the community. The Department of Health (1999) has published a strategy for older people, which sets out the government's commitment to improve the health and social care of older people. The strategy is based on the following principles:

- Older people should be able to live independently in their own homes for as long as possible.
- Older people should be able to access the services and support they need to live well.
- Older people should be able to participate in the decisions that affect their lives.
- Older people should be able to live in a safe and secure environment.

The strategy also sets out a number of key objectives, including:

- To improve the health and social care of older people.
- To ensure that older people have access to the services and support they need to live well.
- To ensure that older people are able to participate in the decisions that affect their lives.
- To ensure that older people live in a safe and secure environment.

The strategy is a key document in the development of policy for older people in the UK. It sets out the government's commitment to improve the health and social care of older people, and provides a framework for the development of services and support for older people.

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- To ensure that older people live in a safe and secure environment.





**Above:** A mother of a deceased veteran stops for a moment of silence as students give recognition to ten RF graduates who gave their lives in the Vietnam War.

## Beyond This Point

River Forest  
Junior—Senior High School  
Indiana St. and Huber Blvd.  
Hobart, IN 46342

Volume 35

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# Beyond This Point

## Cruising into a brighter future

When students enter the doors at RF, successful future requires an up-to-date what lies beyond this point? The educational road taken can be either smooth or riddled with potholes. The four-year highway is, however, straight, and the driving is carefree if a student heeds the road signs along the way.

During a student's four years at RF, a need exists for that student to STOP, LOOK, and LISTEN! The avenue to a

What unknown curves, detours and bumps are ahead in the future? Will this ride require a seat belt for safety? Although the future is always uncertain, the experiences, which a student

gains while at RF, will pave the road ahead. It is beyond this point that the road signs lead to adventure.



1: RF busses await dismissal in *Buses Only* zone.  
2: Senior Aaron DuShane enters the doors of RF to experience everything *Beyond This Point*.





3: Rummaging through his locker, freshman hael orris declares his locker a **Danger Zone**.

4: Nurse Lisa Miranda supervises **Student Repairs** in the nurse's office.

5: Dr. Robert Wright, guidance counselor, discusses career choices with seniors Carmie Slone and Jason Heath as they reach a **Crossroads** in life.

6: Students gather in the gymnasium lobby to chat in the **Parking** area.



**In an election that many** political experts said reflected the anger and disillusionment of Americans with the Washington establishment, voters refused to return many incumbent Democrats to office. Not a single Republican member of the United States Senate or House was defeated. The Republican Party gained control of both houses of Congress for the first time in 40 years. Even the speaker of the house, Tom Foley, was defeated—something that had not happened to the holder of that office in more than 130 years.

**Last-minute negotiations** conducted by former President Jimmy Carter, Sen. Sam Nunn and retired Gen. Colin Powell enabled the U.S. to avoid a bloody invasion of Haiti and to restore elected President-in-exile Jean-Bertrand Aristide to office. Eventually, 20,000 troops entered the country to maintain order and to aid in the transition of power from the island's military rulers to Aristide. The settlement, which allowed the military leaders to leave the country, and Carter's role received mixed reactions back in the U.S.

**The discovery of the** bodies of O.J. Simpson's ex-wife, Nicole, and her friend, Ronald Goldman, and the football legend's arrest touched off a barrage of media coverage that captivated the attention of much of the world. The murder trial, which began in January, was marked by complicated legal maneuvers and expected to last for months.

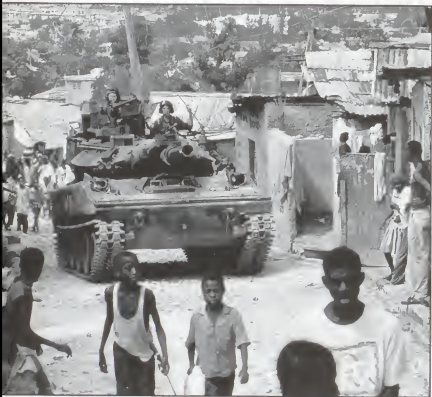


PHOTO—L. FENTHA, CORBIS/IMM



PHOTO—FRED HOUSSER, SIPA PRESS

PHOTO—AP



PHOTO—LES/STONE SYGMA

**With a knockout punch** in the 10th round, 45-year-old George Foreman claimed the WBA heavyweight boxing title from Michael Moorer, making Foreman the oldest man to win the championship.

**A massive earthquake** devastated the city of Kobe, Japan on Jan. 17. The earthquake, which measured 7.2 on the Richter scale, left nearly 5,000 dead and hundreds of thousands homeless.



PHOTO—TIME LIFE



# RETROSPECTIVE

An overview of events and personalities of the year

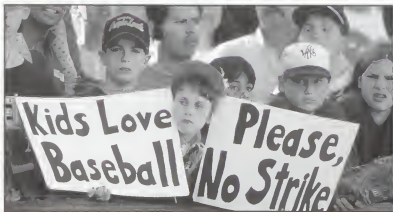


PHOTO — OTTO GREULE / ALLSPORT USA

**Pleas from fans to "play ball"** fell on deaf ears as major league baseball players and owners failed to resolve their differences over instituting a salary cap. Quests to set new batting records came up short when the season ended in August and the World Series was cancelled. Talks between players and owners continued sporadically throughout the winter, but spring training began in 1995 with replacement players and no end to the strike in sight.

**Expected to be an** early victim of the television rating wars, *ER* surprised even its own network by capturing more than 30 percent of the Thursday night viewers with its fast-paced, emergency room drama.



PHOTO — GLOBE PHOTOS, INC.

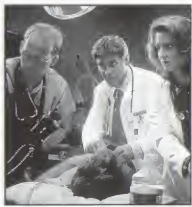


PHOTO — NBC / GLOBE PHOTOS, INC.



PHOTO — MIKE POWELL / ALLSPORT

**From a park bench** in Savannah, Ga., *Forrest Gump*, played by Tom Hanks, charmed critics and audiences alike, and garnered 13 Academy Award nominations.

**When Susan Smith**, Union, S.C., tearfully begged on national television for the safe return of her "kidnapped" children, the country wept with her. When she later confessed to killing her two sons, the nation was stunned and struggled to understand why.



PHOTO — MIKE BORNHEIS / SYGMA

**Super Bowl XXIX** continued the string of wins by the NFC, as the San Francisco 49ers defeated the San Diego Chargers, 49-26. The win was San Francisco's fifth Super Bowl victory, the most by any NFL team.







**Left:** To obtain freshman spirit points, Jason Shakula and Angel Gilarski paint classroom windows.

**Above:** During pep assembly, seniors jump out of their seats and scream for the big gold.

## Beginning the journey

*In the fall of the year, where could you find confused, yet excited seventh graders wandering River Forest's halls? Where could you find seniors linked together with a unity chain? Where could you find a freshman mastering word processing skills? Where could you find an exuberant winning volleyball squad?*

*"If you took a sharp curve at the end of Huber Boulevard and pulled up to RF, you found fun, excitement, and learning Beyond this Point.*

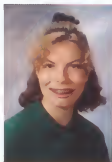
*Although students might have needed to fasten their seat belts occasionally, the journey was an exciting one. The fall offered numerous events such as Spirit Week, Football Homecoming, assemblies, and sports events.*

*Fall  
Points of Interest  
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Sports, page 18*

Fall,  
Beyond  
This  
Point

# SENIORS

Veronica Adams  
Angela Alfano  
Patty Alvarado  
Matt Atterbury  
Salena Barrow



Robert Bartley  
Shawn Bock  
Juneyeta Carroll  
Brian Clare  
Amy Collins



Jennifer Cranfill  
Brandi DeFord  
Rebecca DeLeon  
Elizabeth Eckstrom  
Heather Fincher

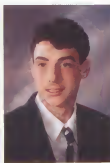


Joseph Gallagher  
Joe Gaskins  
Trey Gilliana  
Lynde Gillis  
Tamitha Gurley

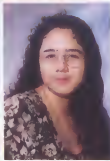




# Seniors hold unity day



**Lisa Gutierrez**  
**Yuki Hadano**  
**Jason Heath**  
**Kevin Hoobyar**  
**Heather Hopper**



**Jose Irizarry**  
**Stephen Jansen**  
**Magdalena Jimenez**  
**Lucretia Johnson**  
**Jeremy Karageorge**



**Bonny Lavrick**  
**Cathie Lyons**  
**Meshelle**  
**Maldonado**  
**Nicky Manteau**  
**Jamie Massey**



**Class Flirt**  
**Alex Mosqueda & Carmie Slone**



**Best Looking**  
**Patty Alvarado & Shawn Bock**



**Best Eyes**  
**Jennifer Olivarri & Bill Pappas**

**Most Conceited**  
**Matt Atterbury & Tami Gurley**

**Most Likely to Succeed**  
**Lynde Gillis & Trey Gilliana**

**Best Smile**  
**Hector Fontanez & Angela Alfano**

**Best Dressed**

Joe Gallagher & Becky DeLeon

**Most Athletic**

Amanda Stutler & Vince Rosado

**Class Clown**

Jason Pieschala & April Leszek

**Class Couple**

Maggie Jimenez & Javier Verduzco

**Most Popular**

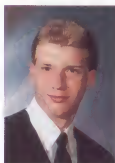
Shawn Bock & Patty Alvarado

**Best Hair**

Lynde Gillis & Aaron Woynaroski



Jack Matherly  
Kassandra Maynard  
David McCraney  
John Mendez  
Alexander  
Mosqueda



Gary Niemeyer  
Jennifer Olivarri  
Betty Owens  
Bill Pappas  
Randy Pearl



Joe Pedroza  
Jason Pieschala  
Kevin Ranke



# Class wins spirit points



Vincent Rosado  
Crystal Sass  
Carmie Slone  
Marcia Stottlemire



Amanda Stutler  
Precius Thomas  
Tony Toscani  
William Vasquez  
Javier Verduzco



Marisha West  
Patricia Willis  
Aaron Woynaroski  
Michael York  
Veronica Zambrana



Seniors greet Blues Brother Elwood (Mr. Kirk Whiting) during football Homecoming pep assembly.



**Biggest Baby**  
Bonny Lavrick & Trey Gilliana

**Most Spirited**  
Vince Rosado & April Leszek



1: Freshman Jamie Thrasher poses as Eric Dravin, the Crow.



2: Members of the American Legion walk toward the newly located Vietnam memorial.

3: Eric Ostrander, sophomore, enjoys lunch with his grandmother on Grandparents Day.

4: Dr. Robert Wright poses as Humpty Dumpty at the recognition assembly.

5: Bill Clinton (Davee Muir) greets students at the recognition assembly.

6: Junior Melissa Pionti receives an award, placing first in sectional for Cross Country.





## Time Out

From honor days

to holidays

everyone is included

In the fall, students at River Forest took time out to participate in many assemblies and special events. The activities ranged from those that were filled with fun and excitement to those that were formal and serious.

Activities included Halloween, Grandparents Day, Honor assembly, and Veteran's Day.





1: Senior Patty Alvarado is chosen 1994 Homecoming Queen.

2: Candidates for Mr. Football, seniors Joe Gaskins, Nick Manteau, Aaron Woynaroski and Shawn Bock receive recognition at the pep assembly. Shawn Bock was named Mr. Football at halftime during the Homecoming game.

3, 4, 5 and 7: Members of the queen's court include seniors Angela Alfano, Becky DeLeon, Lynde Gillis and Tami Gurley.

6: Auxiliary Corps members perform "Splish Splash" during halftime.

8: Graduate Soledad Alvarado, 1993 Homecoming Queen, crowns the 1994 queen, Patty Alvarado.

2



3



4



5



# Alvarado crowned '94 Homecoming Queen

## ANOTHER WILD TIME

No one can forget Homecoming '94. From the clusters of fans dressed in red and gold throwing showers of confetti to the victory at the football game, Ingots were bursting with spirit.

At halftime, RF's band entertained the crowd.

The honor of Mr. Football was awarded to senior

Shawn Bock, and senior Patty Alvarado was crowned Homecoming Queen.

The cheering of the crowd, the faces painted red and gold and the sound of the bonfire crackling, all added together to make Homecoming a "wild time."





- 1: Ingots receive a "blast from the past" as the Blues Brothers (Mr. Kirk Whiting and Mr. Don Callahan) perform at the Homecoming pep assembly.
- 2: Senior Joe Gallagher paints spirited windows in Mr. Fred Baker's room.
- 3: Students leave the site of the Bonfire, where they burned the Rensselaer Bombers. The Bombers were RF's opponents in the Homecoming game.
- 4: Senior Class members "rock the roof" during a battle cry competition at the pep assembly.



- 5: Football players ride atop a fire engine in the Homecoming parade.
- 6: Showing his spirit, Senior Trey Gilliana dresses for Spirit Week's career day.



6



## Come on, Ingots **YELL** for red and gold

A week worth remembering

What's the only week students can dress like their mom or dad or best friend? What week can students paint their faces cardinal and gold and still look like everyone else? You guessed it—Spirit Week.

This year's activities included window painting, hall decorating, a pep rally, a parade, a bonfire, an academic quiz bowl and a faculty-student volleyball competition. Students also dressed according to a different theme for each day. By the time Friday arrived, the hallways looked like a sea of cardinal and gold. During the pep rally held on Friday, students screamed and gave their all to show the football team that they were behind them 100 percent.

# It was just one of those years

River Forest's Varsity Football Team experienced a rough season. Lack of experience on the team lead to a disappointing eight losses.

The team with only four seniors lacked wins but didn't lack effort. Among the best of the players was senior Shawn Bock. Shawn was voted Mr. Football.

Winning the Homecoming game against Rensselaer (14-6), sparked some hope for the Ingots. A missed extra point by Knox allowed River Forest to slip by in the first sectional game (14-13). However, River Forest lost to Winamac (0-26) in the next sectional game.

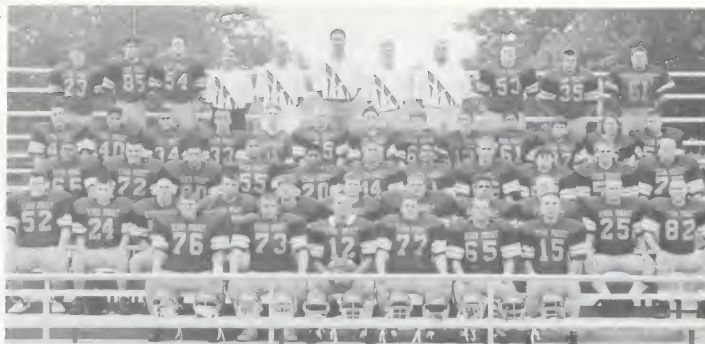
RF's junior high teams also struggled. The seventh grade team finished 2-2, beating Lake Station and Liberty. The eighth grade team was winless on the season, playing only two of six games at home.

1: Jamie Jones, junior, runs the ball against Whiting.

2: **Eighth Grade Football:** row 1: Lance Schmidt, Brian Drwecki, Francisco Hernandez, Mike Domsic, Ryan Csonka, Joe Kroledge; row 2: Miguel Astorga, Will Wandrie, Hector Vega, Nathan Nalley, David Fontanez, Juan Martinez; row 3: Coach Paul Volk, Eric Gaskins, Jim Wilson, Willie Bowersock, Manuel Martinez, Joey Lewis, Maurice Thomas, Shane Coleman, and Coach Richard Hyde.

3: **Seventh Grade Football:** row 1: Paul Arnold, Chris DeVault, Roberto Hernandez, Marc Remus, Benji Kinchloe, Eliezer Fontanez; row 2: Tom Harvey, Jesse Catlin, Andrew Degman, Frank Caporale, John Horn, Paul Garcia, Aaron Rymer; row 3: Coach Paul Volk, David Aliff, Angela Wandrie, Mandy Hyde, and Coach Richard Hyde.





### Varsity Football (2-8)

|                 | Opp. | RF |
|-----------------|------|----|
| Whiting         | 27   | 0  |
| Kankakee Valley | 26   | 10 |
| Lake Station    | 28   | 0  |
| Lowell          | 56   | 0  |
| North Newton    | 34   | 13 |
| Rensselaer      | 6    | 14 |
| North Judson    | 63   | 0  |
| South Central   | 35   | 0  |
| Knox            | 13   | 14 |
| Winamac         | 26   | 0  |

4: **Varsity Football Team:** row 1: Joe Gaskins, Nick Manteau, Shawn Bock, Jeremy Karageorge, Jason Pieszcchala, Aaron Woynaroski; row 2: James Massey, Pete Aspros, Paul Matherly, Chris Odle, Bill Paceley, Chad Guined, Shawn Camp, Tony Quinones, Derek Lemley, Jamie Jones, Brent Walker; row 3: Gary Hardesty, Emmanuel Heridia, David Gill, Mike Cruz, Gus Hernandez, David Torres, Luis Quinones, Leon Hudson, David Keefover, Doug Guess, John Hughes; row 4: Robert Higgins, Mike Cortez, Omar Hernandez, Jeff Long, Chuck Hudson, Tony Kroledge, Steve Drwecki, Rick Chandler, Chris Carlson, Steve Duran, Jeff Guined, Steve Schiller, Nick Oslizlo; row 5: Brandon Wilson, Josh Tully, Brian Ray, Coach Dan Muha, Coach Dave Grissom, Coach John Thomas, Head Coach Jack Burton, Coach Frank Diaz, David Tolin, Tom Lane, and Troy Allen.

5: Tony Quinones, junior, sprints for big yardage in the Homecoming game.

6: David Torres, sophomore, receives the snap from Shawn Camp, junior.

SMASH IT! BASH IT! CRUSH IT! DIG IT! SET IT! SPIKE IT! SLAM IT!

SERVE IT! SAIL IT! JAM IT!  
SMASH IT! BASH IT! CRUSH IT!

## Best Season

JAM IT! SMASH IT! BASH IT!  
CRUSH IT! DIG IT! SET IT!DIG IT! SET IT! SPIKE IT!  
SLAM IT! SERVE IT! SAIL IT!

Captains Patty Alvarado and Lynde Gillis, seniors, and Jill Martin, sophomore, lead the RF Ingots to a successful season. The varsity broke the all-time school season record. The squad was 13-11 and 3-3 in conference games.

"The team played very hard to make this the first winning season in the school's history," stated Coach Donna Briggs.

Senior Angela Alfano was named Most Valuable Player. Tami Gurley received Most Improved honors.

### Varsity Volleyball (13-11)

|                        | Opp. | RF |
|------------------------|------|----|
| Griffith               | L    | W  |
| Hebron                 | L    | W  |
| West Side              | W    | L  |
| Boone Grove            | L    | W  |
| North Judson           | L    | W  |
| Rensselaer             | L    | W  |
| Washington Twp.        | L    | W  |
| Lew Wallace            | L    | W  |
| Roosevelt              | L    | W  |
| North Newton           | W    | L  |
| Lowell                 | W    | L  |
| Wheeler                | W    | L  |
| Lake Station           | L    | W  |
| Wirt                   | L    | W  |
| Hanover                | W    | L  |
| Kankakee Valley        | W    | L  |
| Morgan Twp.            | W    | L  |
| Merrillville Sectional | W    | L  |







5



6



1: Angela Alfano, senior, spikes the ball toward a Lowell defender.

2: **Girls Varsity Volleyball Team:** row 1: Beth Eckstrom, Tami Gurley, Miranda Howell, April Leszek, Patty Alvarado; row 2: Amanda Stutler, Maegan Baimakovich, Lynde Gillis, Jill Martin, Angela Alfano, and Coach Donna Briggs.

3: Serving the ball, Lynde Gillis attempts to produce a point for the Ingots.

4: Captain Lynde Gillis readies herself to jump and block her Lowell opponent.

5: Spiking the ball, sophomore Jill Martin receives assistance from senior teammates Lynde Gillis and Patty Alvarado.

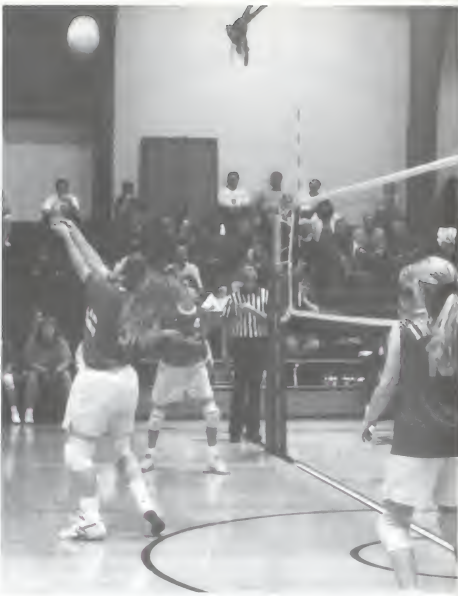
6: Senior Tami Gurley prepares to bump the ball over the net.



# BUMP SET SPIKE

RF's junior varsity experienced a building year. The squad was basically a freshman team, and played primarily against sophomores and juniors from other schools.

RF's coaches stressed basics so that the new players could improve at each skill. The team received compliments from the coaches of other schools they played, according to Coach Mickee Minarich. The coach stressed that this was a gigantic step toward a better season next year. With a record of 7-10, Coach Minarich indicated, "Each player made progress in specific areas."



1: Chrissy Newsome, sophomore, bumps the ball on the second hit, while Misti Stutler, sophomore, waits to set or spike.

2: **JV Volleyball Team:** row 1: Jessica Heridia, Stephanie Jansen, Jody Sutton, Kim Mills, Misti Stutler, Jennifer Maldonado, Angie Bell; row 2: Crystal Mitchell, Nichole Woelk, Loni Verduzco, Coach Mickee Minarich, Chrissy Newsome, Harmony Kingery, and Vanessa Reeves.

3: **Seventh Grade Volleyball Team:** row 1: Brooke Ostrander, Annie Kearby, Monica Burgos; row 2: Coach Keith Hyden, Jessica Sutton, Andrea Neyhart, Jennifer Clifford, and Tiffany Szpagara.



**1: Eighth Grade Volleyball Team:** row 1: Melissa Luellman, Maria Concepcion, Annette Sanchez, Kristin Gilliana; row 2: Coach James Spencer, Amber Varney, Michelle Brass, Lisa Russi, Melissa Bagley, Jennifer Kindler, Natalie Cartagena, Elizabeth Lockhart, Candy Robinson, Erica Barrow, and Susan VanVleet.

**5:** Angie Bell, freshman, jumps to spike the ball over the net.

**6:** After the set, Jessica Heridia, freshman, spikes the ball against the Lowell team.



### JV Volleyball (7-10)

|                 | Opp. | RF |
|-----------------|------|----|
| Griffith        | W    | L  |
| Hebron          | L    | W  |
| West Side       | L    | W  |
| Boone Grove     | W    | L  |
| North Judson    | W    | L  |
| Rensselaer      | W    | L  |
| Washington Twp. | W    | L  |
| Lew Wallace     | L    | W  |
| Gary Roosevelt  | L    | W  |
| North Newton    | W    | L  |
| Lowell          | W    | L  |
| Wheeler         | W    | L  |
| Lake Station    | L    | W  |
| Wirt            | L    | W  |
| Hanover Central | L    | W  |
| Kankakee Valley | W    | L  |
| Morgan Twp.     | W    | L  |



1: **High School Cross Country:** row 1: Patricia Cisneros, Rebecca DeLeon, Milagro Dominguez, Melissa Pionti, Coach Cynthia Sawyer; row 2: Stephen Jansen, Vincent Rosado, Ruben Jimenez, and Jesse Cisneros.

2: **Junior High Cross Country:** row 1: Fernanda Heridia, Chris Davis, Dustin Coleman; row 2: Coach Doug Gerber, Marialena Dominguez, Javier Heridia, Alex Cisneros, and Shane Coleman.

## Boys Cross Country (0-8)

|                               | Opp. | RF |
|-------------------------------|------|----|
| Hanover                       | W    | L  |
| Calumet                       | W    | L  |
| Hebron                        | W    | L  |
| Lowell                        | W    | L  |
| South Central                 | W    | L  |
| Wheeler                       | W    | L  |
| Washington Twp.               | W    | L  |
| Morgan Twp.                   | W    | L  |
| Lake Station                  | W    | L  |
| Hobart                        | W    | L  |
| Hobart Invitational, 14th     |      |    |
| NW Hoosier Conference, 7th    |      |    |
| Boone Grove Invitational, 7th |      |    |
| Sectional, 10th               |      |    |

## Girls Cross Country (6-2)

|                               | Opp. | RF |
|-------------------------------|------|----|
| Hanover                       | W    | L  |
| Calumet                       | L    | W  |
| Hebron                        | L    | W  |
| Lowell                        | L    | W  |
| South Central                 | L    | W  |
| Wheeler                       | L    | W  |
| Morgan Twp.                   | W    | L  |
| New Prairie Invitational, 5th |      |    |
| Crockett Invitational, 1st    |      |    |
| Highland Invitational, 5th    |      |    |
| NW Hoosier Conference, 3rd    |      |    |
| Andrean Invitational, 3rd     |      |    |
| Sectional, 4th                |      |    |
| Regional, 5th                 |      |    |

## Junior High Cross Country (13-3)

|                                | Opp. | RF |
|--------------------------------|------|----|
| South Central                  | L    | W  |
| Wheeler                        | L    | W  |
| Lake Ridge                     | L    | W  |
| Liberty Twp.                   | L    | W  |
| Morgan Twp.                    | W    | L  |
| North Newton                   | L    | W  |
| Westchester                    | W    | L  |
| Lake Station                   | L    | W  |
| North Newton Invitational, 2nd |      |    |



# Piunti qualifies for state meet



After a superb season, the Girls Cross Country Team reached their goal and completed their season with a record of 6-2. The girls accomplished their goal by advancing beyond to regional competition. They also had two runners advance past regional competition. Milagro Dominguez, advanced to semi-state, and Melissa Piunti qualified for semi-state and state.

Despite starting the season with an incomplete team roster, the boys team also reached their goal by running with a complete team by the end of the season, which ended with a record of 0-8.

The junior high cross country team completed their season with a record of 13-3.



3: Members of the Boys Cross Country Team stretch before a meet with Lake Station and Hobart.

4: Sophomore Jesse Cisneros attempts to pass his opponent.

5: Taking a first place in sectional action, junior Melissa Piunti sprints to the finish line.

6: Becky DeLeon, senior, keeps pace with opponents during sectional.

# Tennis squad posts 11-3 season record

"Outstanding" was the best term for RF boys tennis in 1994. With a record of 11-3, the team finished one of the most successful years in RF history.

Among the team leaders were seniors Trey Gilliana and Vince Rosado. Trey finished his season with ten wins and two losses. Vince had a record of seven and three. Kevin Hoobyar, senior, earned Most Valuable Player, and Colin McAllister, junior, was cited Most Improved.

1: Vince Rosado, senior, waits to return the ball in practice.

2: Mike Newsome, sophomore, serves the ball in practice.

3: Bryan Howard, sophomore, keeps his eye on the ball, waiting to serve.

4: **Varsity Boys Tennis**: row 1: Kevin Hoobyar, Kevin Burton, Bryan Howard, Eric Ostrander, Johnny Herring; row 2: Mike Newsome, Vince Rosado, Colin McAllister, Kevin Tolin, Trey Gilliana, and Coach Al Detterline.

5: Trey Gilliana, senior, competes in doubles with Colin McAllister, junior.







5



### Boys Varsity Tennis (11-3)

|                      | Opp. | RF |
|----------------------|------|----|
| Hammond Morton       | 1    | 4  |
| Wirt                 | 0    | 5  |
| Hammond Morton       | 1    | 4  |
| Lowell               | 4    | 1  |
| Gavit                | 0    | 5  |
| Griffith             | 2    | 3  |
| East Chicago Central | 1    | 4  |
| Horace Mann          | 0    | 5  |
| Roosevelt            | 0    | 5  |
| Rensselaer           | 2    | 3  |
| Lake Station         | 3    | 2  |
| West Side            | 0    | 5  |
| Sectional            |      |    |
| Horace Mann          | 0    | 5  |
| Lake Station         | 3    | 2  |



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**1:** Sherry Therault **2:** Juneyeta Carroll **3:** Sara Rogers **4:** *Varsity and Junior Varsity Cheerleaders:* row 1: Sherry Therault, Juneyeta Carroll, Lynde Gillis, Sara Rogers, Jennifer Olivari; row 2: Kim Mills, Leticia Martinez, Janette Loughran, and Marisha West. **5:** *Freshman Cheerleaders:* row 1: Alicia Long, Jennifer Karageorge, Jeanette Podgorski, Autumn Studley; row 2: Nicole Squires, and Mendee Taylor. **6:** Jennifer Olivari **7:** *Lifters:* Doug Guess, bottom, and Bill Pappas, top, stir up some spirit during a game against Hanover Central. **8:** Varsity Cheerleaders hold up the names of the RF starting line-up. **9:** *Junior High Cheerleaders:* row 1: Shannon Servin, Amber Varney, Michelle Brass; row 2: Lisa Russi, Amanda Harris, Amanda Atterbury; row 3: Kristin Gilliana. **10:** Kim Mills, sophomore, cheers for her team during halftime.



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## Cheerleaders receive awards

RF cheerleaders, sophomore Janette Loughran and senior Juneyeta Carroll, received all American Cheerleader awards at cheerleading camp from the International Cheerleading Association. Juneyeta also received a scholarship to Ball State University.

Members of the cheerleading squads encouraged fans to offer support at games. Bill Pappas, senior, and Doug Guess, sophomore, helped out as lifters for the cheerleaders.





**Above:** While team players wait to block for a rebound, senior Hector Fontanez, shoots a freethrow at the Homecoming game.  
**Left:** Elvis Presley (AKA, senior Vince Rosado) entertains students at a winter assembly.

## Continuing the route

*In the winter of the year, where could you find a "three-peat" winning season in basketball? Where could you find gold-and-cardinal-clad Ingots screaming, stomping and competing for the loudest yell at a basketball Homecoming assembly?*

*Neither snow nor sleet nor freezing subzero temperatures could detour student enthusiasm. Ingots made sure that the roads remained clear and the path open to amusement, entertainment and knowledge Beyond this Point.*

*Perhaps the weather conditions were not always favorable, but the route continued to be full of surprises and fascinating roadside attractions. As students continued their journey, the winter was packed with events such as Turnabout, assemblies and sports contests.*

*Winter  
 Points of Interest  
 Turnabout, page 34  
 Spirit Week, page 36  
 Sports, page 40  
 Academics, page 50*

**WINTER  
 Beyond  
 This  
 Point**



**1:** Seniors Patty Alvarado, Bonny Lavrick, Tami Gurly, Vincent Rosado, Joe Gallagher and April Leszek perform at the Christmas assembly.

**2:** Mr. Jim Pieper, teacher at Meister Elementary, talks to students about his job during Career Day.

**3:** Senior Nick Manteau and sophomore Gary Hardesty demonstrate a wrestling move at the winter recognition assembly.

**4:** The Hoosier Grandpas, Chorus of the Dunes, perform at River Forest during Christmas to help spread the cheer.

**5: Winning Intramural Team:** Brian Clare, Trey Gilliana, Shawn Bock, Robert Bartley, and Bill Pappas.





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## Ingots Take A Break

Spirited events provide  
entertainment at RF

During the winter, the days are long and cold, but at River Forest many activities helped the time go by a little faster.

From Career Day to the Christmas events, the students and faculty always found time to add enjoyment to their normal routines.

Other winter events were the recognition assembly and intramural basketball games.

All of these events proved that Ingots knew how to *take a break*.



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# Magic Moments

couples experience  
a Turnabout  
with "Elegance"

Black and white balloons and a twinkling skyline accented the elementary gymnasium as couples gathered for Turnabout '95. The event was held on January 28 at 7 p. m.

The Senior Class sponsored the dance and chose the theme, "An Evening of Elegance," for the occasion. Couples attending the dance totaled 71. Photographs for the affair were provided by Barry's Photography.

"This year's dance was a success. It seemed that the couples started dancing earlier and finished later," commented Mrs. Pat McNabb, sponsor. Miss Terry Watkins, co-sponsor, added, "This year's Turnabout was comparable to last year's. We had about the same number of couples and everyone seemed to enjoy the disc jockey."





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1: Sophomores Misti Stutler and Dennis Howell step away from their dates to chat during the dance.

2: Amid the black and white theme decorations, sophomores Brandon Rymer and Johnny Herring engage in conversation at Turnabout.

3: River Forest students and guests dance to the music provided by D. J.'s Unlimited

4: Black and white balloons, pillars and checkerboard flooring provide theme inspiration for dance couples.

5: Students dress in semi-formal attire for the '95 Turnabout.

# A sense of spirit

## Ingots show their sixth sense, spirit

Fans cheered as they watched the Ingots battle the Marquette Blazers at the 1995 Homecoming game.

At halftime everyone watched as senior April Leszek was crowned Miss Ingot Spirit. Senior Vince Rosado was crowned Mr. Ingot Spirit and was chosen Mr. Basketball by his teammates. Senior Angela Alfano was chosen as Miss Basketball. The parents of the seniors, who participated in band, sports or organizations, were also honored.

River Forest fans then watched the battling Ingots win the game 75-68.



1: Senior Hector Fontanez checks to see if his shot finds the basket.

2: Wayne, (Mr. Doug Gerber) and Garth, (Mr. Jack Burton) build Ingot confidence at the pep assembly prior to the Homecoming game.

3: Seniors scream and shout their victory cry at the pep assembly before the Homecoming game.





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4: Senior April Leszek is crowned Miss Ingot Spirit 1995 by Marisol Cisneros, Miss Ingot Spirit 1994.  
5: The sophomore hall displays the theme, "A Little Ingot Magic."



1

## Time To Shine

River Forest Junior High Students  
anticipate the crowning moment

Every year near Valentine's Day, junior high students' select students who will be crowned King, Queen, Prince and Princess.

On February 10 the junior high multipurpose room was filled with juniors high students attending the King and Queen Dance. Students were dancing, laughing, talking, and waiting to see

who would take home the crowns.

"I didn't think I was going to win. I was shocked," said Amber Varney, eighth grader and Queen. The honor of King was given to Ryan Csonka, eighth grader. Veronica Mundo, seventh grader, was crowned Princess, and Jesse Catlin, seventh grader was crowned Prince.

2





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**1:** Junior high students dance to the music at the King and Queen Dance held on February 10.

**2:** Seventh graders Jesse Catlin and Jennifer Ocasio begin their walk to the center for the crowning ceremony.

**3:** Last year's King and Queen, Jason Varney and Cassandra Cruz, attend this year's dance to crown the King and Queen.

**4:** Seventh grader Veronica Mundo and Kevin Shinkle await their entrance to the crowning ceremony.

**5:** Eighth graders Amber Varney and Ryan Csonka lead a slow dance after being crowned at the junior high King and Queen Dance.



# Three was the magic number

"Three" was the magic number for the Ingot Boys Basketball Team this year. The team completed their third consecutive winning season. This was the first "three-peat" victory in RF history.

Lead by Vince Rosado, senior, and Hector Fontanez, senior, the team posted a record of 14-7. After reaching sectional action at Merrillville, River Forest lost to Lake Station in the first round. This loss was perhaps the most disappointing aspect of the season.

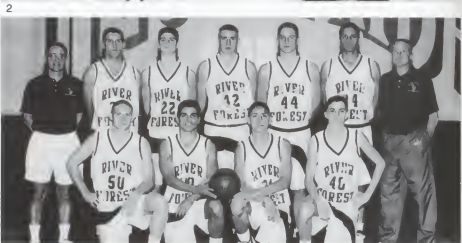
1: Steve Higgins (40), junior, fights for the tip off in the Homecoming game against Marquette.

2: **Boys Varsity Basketball Team:** row 1: Jamie Jones, Tony Quinones, David Torres, Steve Higgins; row 2: Coach Al Detterline, Vince Rosado, Colin McAllister, Jim Bellar, Leon Hudson, Hector Fontanez, and Coach Jim Spencer.

3: Vince Rosado, senior, moves in for the shot while guarded heavily by Kankakee Valley defenders.

4: Leon Hudson, sophomore, passes defenders to shoot the ball.

5: Hector Fontanez (34), senior, drives past Marquette defenders for a basket at RF's Homecoming game.





### Boys Varsity Basketball (14-7)

|                         | Opp. | RF |
|-------------------------|------|----|
| Chesterton              | 53   | 59 |
| Whiting                 | 42   | 72 |
| Hammond Morton          | 52   | 59 |
| Boone Grove             | 65   | 70 |
| Hobart                  | 45   | 61 |
| Lowell                  | 38   | 58 |
| Morgan Township         | 46   | 73 |
| Hebron                  | 57   | 64 |
| Hammond Clark           | 55   | 64 |
| Kankakee Valley         | 60   | 61 |
| North Judson            | 46   | 82 |
| Griffith                | 58   | 66 |
| Lake Station            | 58   | 73 |
| Michigan City Marquette | 68   | 75 |
| Wheeler                 | 48   | 45 |
| Rensselaer              | 68   | 51 |
| Whiting                 | 54   | 72 |
| North Newton            | 55   | 66 |
| Hammond Gavit           | 63   | 71 |
| Hanover Central         | 54   | 69 |
| Sectional               |      |    |
| Lake Station            | 57   | 53 |

# JV posts an average year

Squad members of the Boys Junior Varsity Basketball ended with an average season this year. Finishing 6-14, the team had good support in all aspects of the game. Sophomore Mike Torres' with his rebounding ability and sophomore Luis Quinones's speed helped the team greatly.

RF's Freshman Boys Basketball Team had a similar season. Finishing 5-6, the team was lead in scoring by Chuck Hudson with 127 points.

**1: Boys Junior Varsity Basketball Team:** row 1: Gus Hernandez, John Herring, Brent Walker, Eric Ostrander, Javier Fuentes, Luis Quinones; row 2: Kevin Tolin, Adam Hall, Amrik Carroll, Mike Torres, Paul Matherly, Mike Newsome, and Coach Joe Burleson.

**2: Boys Freshman Basketball Team:** row 1: Steve Petri, Jeff Long, Robert Higgins, Noel Fontanez, Joe Bull; row 2: Coach Paul Filla, Jason Varney, Chris Carlson, Steve Drwecki, Robert Joy, Chuck Hudson, Doug Schadel, and Coach Terry Wilcox.

**3: John Herring, sophomore, shoots from the outside against Marquette.**

**4: Sophomore Luis Quinones passes defenders to shoot for three.**

**5: Jeff Long, freshman, shoots a free throw in the JV Homecoming game.**





### Boys JV Basketball (6-14)

|                         | Opp. | RF |
|-------------------------|------|----|
| Chesterton              | 37   | 41 |
| Whiting                 | 12   | 42 |
| Hammond Morton          | 34   | 29 |
| Boone Grove             | 37   | 28 |
| Hobart                  | 56   | 26 |
| Lowell                  | 49   | 20 |
| Morgan Township         | 41   | 34 |
| Hebron                  | 55   | 29 |
| Hammond Clark           | 41   | 36 |
| Kankakee Valley         | 46   | 41 |
| North Judson            | 48   | 31 |
| Griffith                | 43   | 38 |
| Lake Station            | 28   | 32 |
| Michigan City Marquette | 37   | 29 |
| Wheeler                 | 20   | 25 |
| Rensselaer              | 38   | 23 |
| Whiting                 | 13   | 38 |
| North Newton            | 34   | 37 |
| Hammond Gavit           | 50   | 44 |
| Hanover Central         | 66   | 47 |

### Boys Freshman Basketball (5-6)

|                     | Opp. | RF |
|---------------------|------|----|
| Lake Station        | 40   | 34 |
| Whiting             | 23   | 29 |
| Hanover Central     | 31   | 49 |
| Kankakee Valley     | 49   | 40 |
| Washington Township | 28   | 34 |
| Hammond Clark       | 20   | 26 |
| Hebron              | 34   | 45 |
| Hobart              | 46   | 32 |
| Griffith            | 23   | 29 |
| Lowell              | 32   | 30 |
| Chesterton          | 43   | 39 |

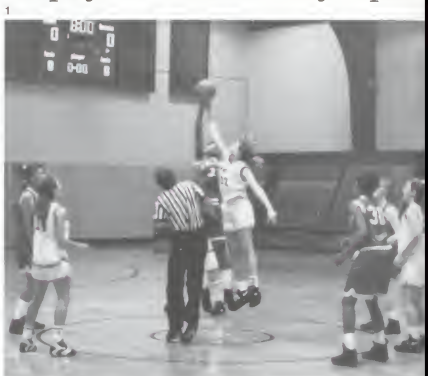


# Teamwork pays off for varsity squad

RF's Girls Varsity Basketball Team made a big improvement over last year's team, ending the season with a record of 10-11.

April Leszek, Patty Cisneros, Jill Martin, Angela Alfano, Amanda Stutler, and Veronica Zambrana were six members of the team returning as lettermen.

"The reason for our good season is because we used teamwork," said senior Amanda Stutler.



1: Senior Amanda Stutler reaches high to tip a jump ball against Calumet.

2: **Varsity Girls Basketball Team:** row 1: April Leszek, Heather Hopper, Dawn Weger, Milagro Dominguez, and Crystal Mitchell; row 2: Coach Dan Muha, Veronica Zambrana, Jill Martin, Angela Alfano, Beth Eckstrom, Amanda Stutler, Chrissy Newsome, and Coach Dan Lewis.

3: Senior Angela Alfano tries to make a pass.

4: Amanda Stutler, senior, jumps to put up a lay-up.

5: On a drive to the basket, senior April Leszek tries to score a quick two points.







### Girls Varsity Basketball (10-11)

|                         | Opp. | RF |
|-------------------------|------|----|
| River Forest Jamboree   |      |    |
| Wheeler                 | 7    | 10 |
| Lake Station            | 2    | 13 |
| Calumet                 | 40   | 51 |
| Boone Grove             | 51   | 41 |
| Morgan Twp.             | 46   | 47 |
| Lake Station            | 29   | 58 |
| Washington Twp.         | 39   | 61 |
| North Newton            | 56   | 58 |
| Lowell                  | 57   | 54 |
| Hanover Central         | 42   | 34 |
| Wheeler Tourney         |      |    |
| Griffith                | 38   | 45 |
| Wheeler                 | 61   | 57 |
| Hebron                  | 40   | 33 |
| North Judson-San Pierre | 71   | 53 |
| Kankakee                | 58   | 46 |
| North Newton Tourney    |      |    |
| South Newton            | 52   | 54 |
| North Newton            | 52   | 20 |
| Andrean                 | 40   | 39 |
| Rensselear              | 54   | 50 |
| Wheeler                 | 47   | 51 |
| Sectional Tourney       |      |    |
| Crown Point             | 59   | 30 |

5





# Girls concentrate to improve game play

Hard work characterized the practices and games of the JV squad this year. Lead by Coach Dan Lewis, the team ended with a season record of 8-11.

Coached by Mr. Keith Hyden, the eighth grade squad ended with a 2-8 record.

The seventh grade squad, lead by Coach Cynthia Sawyer, had a season of 5-7. The girls' record was an improvement.



## Girls JV Basketball (8-11)

|                 | Opp. | RF |
|-----------------|------|----|
| Calumet         | 51   | 40 |
| Boone Grove     | 41   | 51 |
| Morgan Twp.     | 47   | 46 |
| Lake Station    | 58   | 29 |
| Washington Twp. | 61   | 39 |
| North Newton    | 58   | 56 |
| Lowell          | 54   | 57 |
| Hanover Central | 34   | 42 |
| Griffith        | 45   | 38 |
| Wheeler         | 57   | 61 |
| Hebron          | 33   | 40 |
| North Judson    | 53   | 71 |
| Kankakee Valley | 46   | 58 |
| South Newton    | 54   | 52 |
| North Newton    | 20   | 52 |
| Andrean         | 39   | 40 |
| Rennselear      | 50   | 54 |
| Wheeler         | 51   | 47 |
| Crown Point     | 30   | 59 |

1: Senior April Leszek scans the court and looks for a pass. 2: Sophomore Jill Martin attempts to block a pass. 3: *Girls JV Basketball*: row 1: Michelle Ramos, Angie Bell, Beth Weger, Melissa Pionti, Stephanie Jansen, Jody Sutton, Jessica Heridia; row 2: Vanessa Reeves, Jennifer Maldonado, Jill Horn, Jennifer Santos, Veronica Ramirez, Harmony Kingery, DeAngela Ward, and Coach Dan Lewis.





### Girls Seventh Grade Basketball

|                 | Opp. | RF |
|-----------------|------|----|
| Harrison        | 31   | 19 |
| Washington Twp. | 20   | 34 |
| Hammond Scott   | 31   | 41 |
| Hobart          | 45   | 37 |
| Hanover Central | 34   | 38 |
| Westchester     | 29   | 21 |
| Willowcreek     | 31   | 14 |
| Lake Station    | 18   | 31 |
| Fegely          | 34   | 18 |
| Wheeler         | 20   | 27 |
| Willow Creek    | 29   | 13 |
| Westchester     | 40   | 37 |

### Girls Eighth Grade Basketball (2-8)

|                 | Opp. | RF |
|-----------------|------|----|
| Harrison        | 15   | 21 |
| Washington Twp. | 35   | 24 |
| Hammond Scott   | 18   | 25 |
| Hobart          | 59   | 22 |
| Hanover Central | 37   | 28 |
| Willowcreek     | 33   | 13 |
| Lake Station    | 23   | 18 |
| Westchester     | 43   | 28 |
| Fegely          | 54   | 22 |
| Wheeler         | 46   | 19 |

4: **Eighth Grade Girls Basketball:** row 1: Shannon Servin, Annette Sanchez, Maria Concepcion, Kristin Gilliana, Erica Mullins; row 2: Lisa Russi, Natalie Cartagena, Amanda Harris, Michelle Brass, Amber Varney, Melissa Luellman, and Coach Keith Hyden. 5: **Seventh Grade Girls Basketball:** row 1: Lolita Christopher, Brooke Ostrander, Veronica Mundo, Tracie Mezera, Becky Chirch, Becky Cisneros; row 2: Fernanda Heridia, Jennifer Clifford, Jessica Sutton, Andrea Neyhart, Marialena Dominguez, Tiffany Szpagara, and Coach Cynthia Sawyer.

## Varsity Wrestling (6-14)

|                    | Opp. | RF |
|--------------------|------|----|
| Griffith           | 38   | 32 |
| Whiting            | 45   | 30 |
| North Newton       | 42   | 18 |
| Hanover Central    | 42   | 27 |
| Gary Wirt          | 12   | 60 |
| Lew Wallace        | 18   | 54 |
| Hobart             | 49   | 18 |
| Concord            | 57   | 12 |
| Hammond High       | 56   | 17 |
| Gary Roosevelt     | 34   | 24 |
| Hammond Morton     | 33   | 40 |
| Andrean            | 42   | 18 |
| Hanover Central    | 48   | 21 |
| Lew Wallace        | 27   | 30 |
| Lake Station       | 53   | 17 |
| T. F. South        | 57   | 13 |
| Chicago Vocational | 24   | 39 |
| Chicago North      | 0    | 54 |
| Kankakee Valley    | 47   | 18 |
| Andrean            | 43   | 30 |

Conference, 7th  
Sectional, 4th  
Regional, 17th

1



2



1: Attempting to gain an advantage over his opponent, sophomore Derrick Flowers works for a pin.

2: **Varsity Wrestling:** row 1: Mark Persley, Jesse Cisneros, Nick Manteau, Gary Hardesty; row 2: Derrick Flowers, Assistant Coach Julius Cisneros, Tim Dulin, Darren Flowers, Greg Gilliana, and Coach Darren Sandilla.

3: Jesse Cisneros, sophomore, tries to gain control as the referee signals top position.

4: Senior Nick Manteau fights for inside control during his match against Andrean.

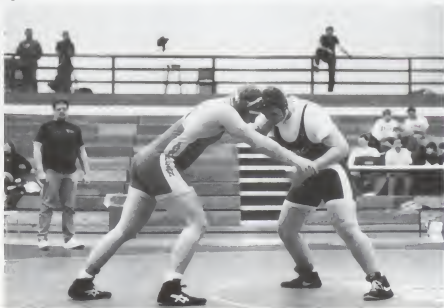
5: Freshman Thomas Lane works to break his opponent down.

# Takedown Reversal Pin!

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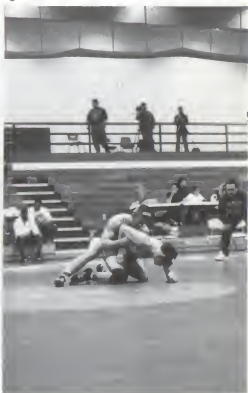


## Two RF wrestlers advance to regional action

RF's wrestling squad accented youth during the season. The team had only one senior, Nick Manteau, on the squad. The squad posted a 6-14 record.

RF's two wrestlers advancing to regional competition were sophomores Jesse Cisneros and Derrick Flowers. Jesse's season ended with a record of 14-12, and Derrick finished his season with a record of 15-12.

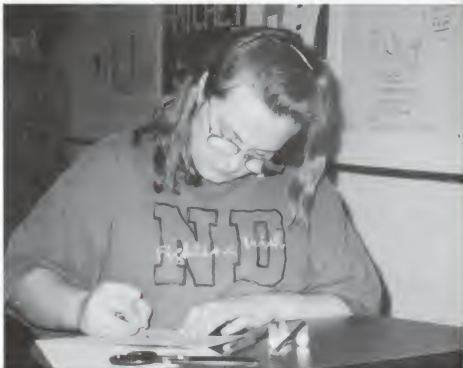
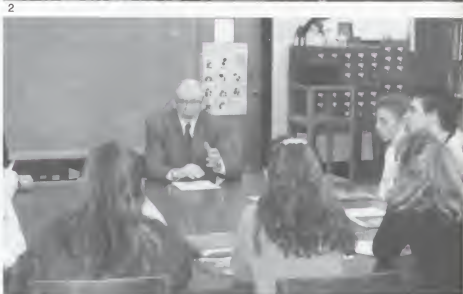
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# Exploring New HORIZONS

Humanities and fine arts classes aroused students' interests with a variety of activities and projects. Students made masks for Mardi Gras and participated in English reading/writing workshops and in Multicultural Week.

Every year teachers try to provide different activities for students. This year they offered more than that. French classes received a new teacher, Miss Danyelle Ware. Her French II classes and Mrs. Irma Cuevas' Spanish III class presented three foreign language plays for the high school and junior high. During the last grading period, Miss Ware's French students traveled to Bon Appetit in Crown Point to taste the French cuisine. Spanish classes also had a taste of foreign food when they traveled to Merrillville's Casa Gallardo in the spring. English pupils concentrated on reading novels and completing projects. Throughout the year, students were offered new and interesting activities that allowed them to explore new horizons.





1: Seniors Tony Toscani and Salena Barrow and sophomore Eric Ostrander work on their masks for Mardi Gras.

2: Dr. Leslie Singer from IUN works with the International Trade Interviewing Team, who interviewed companies in Northwest Indiana.

3: Concentrating on her project, freshman Nicole Morris finishes a Multicultural project in fifth hour English class.

4: Freshman Cassandra Cruz crowns freshman Angie Bell at Burger King during the freshman English class field trip to "Romeo and Juliet."

5: Junior Natalie Peters chats with the customers at the Portugal booth at the Multicultural Fair.





# Searching for more than the positives and negatives

Mathematics and Science classes are more than just positive and negative numbers and positive and negative charges. Many science and mathematics students found interesting projects in which to participate.

Mr. Jack Burton's mathematics Chapter I class held a week of Math Olympics. Students used review questions to obtain points. The accumulated points gave the students chances at golf, free throws, and other games. Environmental Science classes held an earth day in the fall and the spring. Students united together to help clean up the school grounds.

Biology students collected leaves for a leaf collection. The course required 25 leaves for a passing grade.

1: Junior Sean Ramey works on his experiment for chemistry class.

2: Mr. Davee Muir teaches his sixth hour class the basics of algebra.

3: Mr. Jack Burton helps his student during the Math Olympics.

4: Mr. Richard Hyde, faculty member, holds a snake for his seventh grade science class.





5: Senior Veronica Yanez, and sophomores David Gill and Marisela Gonzalez rake leaves during earth day.

# Getting 'Tech' Literate

RF emphasized technology and work skills in computer and business courses offered to students during the school year.

Computers used in computer programming, English, and history classes helped students improve their computer literacy. Students also found time to work on computers during lunch time in the school library. This technology proved useful when completing reports, projects, or drafts.

Students enrolled in business classes analyzed the work world. Ms. Terry Watkins' accounting classes completed practice sets and recorded the businesses' progress in their journals. Mr. Fred Baker's introduction to business, law, and management classes chose stocks from the newspaper and followed their progress during the week.





6



**1:** Seniors Everett Price and Bill Pappas scan for corrections in their computer programs.

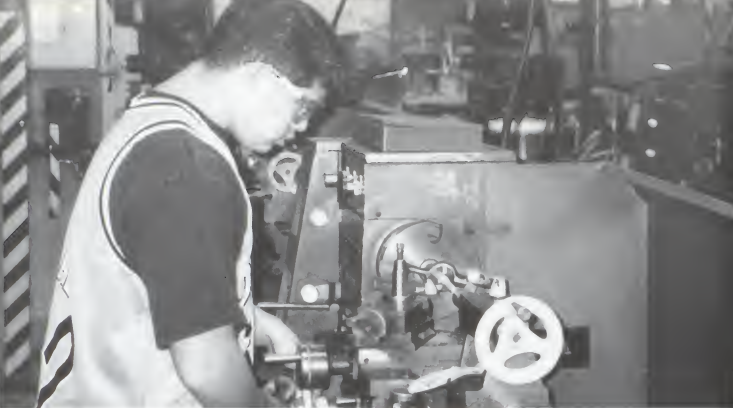
**2:** Concentrating in business, law, and management class, freshmen Christina Coons and DeAngela Ward review their lesson.

**3:** Students in Mr. Davee Muir's computer programming class review codes for their programmed game, "Tic, Tac, Toe."

**4:** Mr. Fred Baker, business teacher, points out the newspaper stock section for an assignment in his sixth hour class.

**5:** Freshman Becky Nunez completes an assignment in business, law, and management class.

**6:** Sophomores Mark Persley and Mike Cortez view "Tic, Tac, Toe," an exercise in programming class.



1  
1: Freshman Eugenio Rodriguez concentrates on his metals project.

2: Mr. Jim Spencer's seventh grade gym class learns how to square dance.

3: Mrs. Pat Sisk helps Paul Smith, seventh grader, operate his sewing machine.

4: Senior Nick Manteau completes his drafting project.

5: Seventh grader Ed Coates watches as Mr. Dan Siford conducts an experiment.



# Finding skills, fitness for the Future

4



Many hands-on skills and lifetime recreational interests were taught in RF practical arts and physical education classes.

Metals, woods, and drafting classes exhibited some of their projects at the Southlake Mall in May. Over 50 students submitted their work.

Physical education classes explored, not just sports and fitness, but also square dancing and countryline dancing.

The seventh grade home economics classes enjoyed seven weeks of making pin-cushions and chef-style aprons. The course also included two weeks of child care. The eighth grade classes participated in food labs and making meals for breakfast, lunch, and dinner.

Seventh and eighth grade industrial arts classes acquired new skills. The seventh graders concentrated on hand-eye coordination activities and how to use steam engines. The eighth graders studied manufacturing skills and how to work with a variety of wood types.









**Left:** At the awards assembly, the protagonist from the movie "The Mask" (played by senior Vince Rosado) stops by to congratulate teachers for their support during the Multicultural Week.

**Above:** Musicians from a softrock army band play a concert in the gym.

## Enjoying the Sites

*In the Spring of the year, where could you find April showers bringing May gold and cardinal flowers? Where could you find a week designated to celebrate a variety of cultures? Where could you find excited students anticipating the romance and magic of Prom night?*

*Although the grass turned green and flower buds began to sprout, students at River Forest made many pleasant stops along the way. Checking their compasses, they continued in their direction toward knowledge.*

*If you were a spring traveler navigating the roadways (halls) of RF during the five minute rush periods, you may have experienced a few head-on collisions. Students took an educational sight-seeing tour in search of something Beyond this Point.*

**SPRING,  
Beyond  
This  
Point**

*Spring  
Points of Interest  
Prom, page 62  
Graduation, page 68  
Sports, page 70  
Clubs, page 78  
Portraits, page 96  
Ads, page 120  
Index, page 141*

# Hearing, seeing, tasting the spice of multicultural life

How did RF students learn about foreign countries and their cultures? They spent the last week of April exploring, learning and experiencing them at the second annual Multicultural Week.

The week included assemblies with ethnic songs, foreign language plays and a food fair. At the first assembly, a recitation was given by juniors Ben Rose and Charlotte Metz.

Also during the week, Sam Rhine lectured on AIDS awareness/teen pregnancy.

Multicultural Week ended with an awards ceremony. Winning high school first place honors were senior Nick Manteau, Grand Champion/Best of Show; freshman Brian Ray, first place poetry; senior Eric Peek, first place original art; and junior Phil Torres, first place flags.

Junior high first place honors included seventh grader Jill Loughran, Best of Show; eighth grader Jered Peters, first place poetry; seventh graders Tracie Mezera, Becky Chirch and Michelle Boyd, tied for first place in posters; eighth grader Candy Robinson, first place original art; Jill Loughran, first place crafts; and eighth grader David Fontanez, first place flags.





1: Senior Jennifer Olivarri performs a solo with the Jazz Band during the awards assembly for Multicultural Week.

2: Spanish III students perform the play "Snow White and the Seven Dwarfs."

3: Senior Yuki Hadano gathers with other area foreign exchange students in the teachers lounge for a special luncheon.

4: Seniors Jeremy Karageorge and Brian Clare serve Mrs. Donna Briggs at the Food Fair Italian booth.

5: Eighth grader Jennifer Kindler receives a second place ribbon in the original art category from Mr. Ron Hughes.



# *Tender Moments*

## *A night to make memories*

River Forest's 1995 Junior-Senior Prom was held on May 20 at the Old Fair Grounds Park in Valparaiso. The pavilion was decorated with black and gold decorations to help develop the theme, "Hold on to the Night."

The dance began with the Grand March at 7:30 p.m., announced by Mrs. Gale Robertson. After the Grand March, dinner was served. Pictures were

taken by Barry's Photography.

This year's Junior Class had to work hard to raise enough money to sponsor Prom. They sold candy at the concession stand during football and basketball games and popcorn at lunch. They also held a pancake breakfast at the New Chicago Volunteer Fire Department to help raise money for the event.





1: Senior Lynde Gillis and her date enjoy a dance.

2: Prom couples engage in after dinner conversation.

3: Prom participants gather for dinner, music, and conversation.

4: Junior Aaron DuShane escorts his date during the Grand March.

5: Senior Heather Hopper dances with her date, sophomore David Gill, during the annual formal event.

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1: Ben Rose, junior, accepts a pin honoring his excellence in English.

2: William Petrie, junior, receives an award for being an outstanding office assistant.

3: Sophomore Wendy Lavrick accepts the *Hammond Times* Most Valuable Staffer Award.

4: Hugh Freeman, freshman, receives a certificate for participating in metals class.

5: Becky Kroledge, junior, receives a chemistry certificate.

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## Let's stand up and cheer!

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Yes, let's hear it for a job well done! High school underclassmen and junior high students were acknowledged at separate awards assemblies.

The underclassmen awards assembly was held on May 31 during first and second periods, and the junior high program was on May 30 at 1:30 p. m.

Major awards were presented to students to recognize their accomplishments in classes, clubs and organizations.





6: Mr. Weldon Slater, band director, presents a medal to junior Ruben Jimenez for being the Outstanding Jazz Musician.

7: Seventh grader Richard Baron is honored with an award for academic excellence.

8: Eighth grader Kristin Gilliana receives a plaque and certificate signed by President Bill Clinton for maintaining a 4.0 average for two years.

9: Sophomore Tabetha Wendrickx admires the Most Valuable Staffer plaque that junior Natalie Peters received from the *Post Tribune*.

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# Please, give' em a hand

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There was no shortage of applause on June 1 when students were honored at the annual Senior Honor Day.

Students gathered in the gymnasium to give teachers a last chance to honor students who were about to graduate.

The seniors received awards for excelling in various areas from fine arts to academics. The students were presented with plaques, certificates, pins and ribbons.

The Senior Class gave an award to Mr. Don Callahan, Mrs. Pat McNabb, and Ms. Terry Watkins to show their appreciation for everything they did for the Senior Class.

As a group, this year's graduating class proved that they had many outstanding achievements.

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1: The Senior Class representatives present Mr. Don Callahan with an award for all his extra effort.

2: Nick Manteau, senior, receives an outstanding ribbon from the state technology conference.

3: Senior Salena Barrow is awarded Most Valuable Office Assistant.

4: Mr. Weldon Slater presents senior Jennifer Olivari with the John Phillip Sousa Award.

5: Senior William Vasquez receives the Spanish Club Scholarship award. This was the first year for this scholarship.

6: Senior Joseph Gallagher receives the Northwest Hoosier All-Conference Academic Team plaque.

7: Senior Lynde Gillis is presented with the award from the Daughters of the American Revolution. She also received The Wendy's High School Heisman Award with Trey Gilliana.

# A Photo Finish

Steelies? Puries? Cat's Eyes? Aggies? As a joke, the 64 members of the Class of 1995 slipped marbles into the palm of Mr. Don Callahan, principal, during the commencement exercises on June 6.

Trey Gilliana was Valedictorian, and Salutatorians were Patricia Alvarado and Lynde Gillis.

Dr. Vicky Baker, 1985 Ingot alumna, spoke at the ceremony. Her speech was entitled "You Can Get There from Here."

State Soloist, Joe Pedroza, sang "Leave You with a Smile," and Joe and Vince Rosato teamed up for "It's So Hard to Say Goodbye to Yesterday." Foreign Exchange Graduate Yuki Hadano lead in the traditional changing of the tassel.





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1: Valedictorian Trey Gilliana delivers a speech at commencement. 2: Salutatorian Patty Alvarado addresses her classmates during the graduation ceremony. 3: Members of the Class of 1995 march into the gymnasium. 4: Salutatorian Lynde Gillis receives a hug and a trophy from the school board president, Mr. Harry Pedroza. 5: Graduates gather prior to the ceremony. 6: Graduate Patty Willis receives some assistance before marching at commencement. 7: Dr. Vicky Baker, 1985 River Forest graduate, delivers the commencement speech. 8: In response to Yuki Hadano's command, John Mendez switches his tassel at the ceremony's conclusion.





## More than just a simple case of "love"

"Heartbreak" described the close matches lost by the Girls Varsity Tennis Team. Although the team didn't produce a perfect record, the squad did burn up the courts at practices and posted five wins. The team, which consisted of only two seniors, finished the season 5-8. Five of their losses were heartbreakingly close.

Honors for Most Valuable Player were awarded to seniors Lisa Gutierrez and April Leszek. Jill Horn, sophomore, received the title of Most Improved.

As for the JV team, freshmen Vanessa Reeves and Harmony Kingery held the best record on the squad. The pair was 9-2 in doubles competition. The JV team posted a record of 3-10.

1: Junior Maegan Baimakovich returns the ball at practice before sectional competition.

2: **Girls Varsity Tennis Team:** row 1: Jill Horn, Jennifer Maldonado, Crystal Mitchell, Sheila Gutierrez; row 2: Miranda Howell, Lisa Gutierrez, Coach Doug Gerber, April Leszek and Maegan Baimakovich.

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### Girls Varsity Tennis (5-8)

|                 | Opp. | RF |
|-----------------|------|----|
| Hobart          | 1    | 4  |
| Boone Grove     | 5    | 0  |
| Hammond Clark   | 1    | 4  |
| Wheeler         | 0    | 5  |
| Hammond High    | 0    | 5  |
| Hanover Central | 4    | 1  |
| Hammond Gavit   | 4    | 1  |
| Boone Grove     | 3    | 2  |
| Lowell          | 4    | 1  |
| West Side       | 1    | 4  |
| East Chicago    | 3    | 2  |
| Boone Grove     | 3    | 2  |

**3: Girls JV Tennis Team:** row 1: Christina Cuevas, Rita Verdusco, Crystal Richard, Danielle Mayes, Sara Rogers, Tracy Bryson, Christina Mareno, Amie Rogers, Maritza Rocha, Cassandra Cruz, Jasmina Perez, Nicole Squires; row 2: Leticia Martinez, Bernadette Verdusco, Jennifer Karageorge, Jessica Heridia, Jessica Gonzales, Vanessa Reeves, Coach Doug Gerber, Sarah Farthing, DeAngela Ward, Michelle Schuffert, Megan Baker, Harmony Kingery, and Alicia Long.

**4:** Crystal Mitchell, sophomore, prepares to return at the net during practice.

**5:** JV player Michelle Schuffert, junior, returns a ball to the opposite court.

**6:** A determined Miranda Howell, junior, practices her serve prior to sectional competition.

**7:** Most Valuable Players April Leszek and Lisa Gutierrez, seniors, practice for sectional action. Lisa and April were the number one doubles players.

# Running for the Record

Talent and hard work paid off for the Girls Track Team. The squad finished undefeated in dual meets.

Junior Melissa Pianti was named Most Valuable Player. Patti Cisneros, junior, was selected as Most Improved.

The Boys Track Team finished 3-2 in dual meets. Sophomore Luis Quinones was awarded MVP honors. Gus Hernandez, sophomore, was chosen as the squad's Most Improved.

**1: Girls Track Team:** row 1: Cassandra Cruz, Michelle Ramos, Stephanie Jansen, Rebecca DeLeon, Milagro Dominguez, Melissa Pianti, Nicole Squires, Patti Cisneros, Tamitha Gurley; row 2: Coach Pam Wilson, Sherry Therault, Jennifer Karageorge, Elizabeth Eckstrom, Amanda Stutler, Kristina Caporale, Jill Martin, Angela Alfano, Dawn Weger and Coach Becky Chambers.



## Girls Track (6-0)

|                 | Opp. | RF |
|-----------------|------|----|
| Morgan Twp.     | 41   | 76 |
| Marquette       | 41   | 80 |
| Lake Station    | 39   | 79 |
| Washington Twp. | 48   | 76 |
| South Central   | 47   | 71 |
| Wheeler         | 41   | 77 |

## Boys Track (3-2)

|               | Opp. | RF  |
|---------------|------|-----|
| Lake Station  | 61   | 57  |
| Marquette     | 16   | 101 |
| South Central | 58   | 60  |
| Hebron        | 87   | 40  |





**2: Boys Track Team:** row 1: Jeff Long, Nicholas Manteau, Steve Drwecki, Raul Holguin, William Bradford, Adam Puckett, Brian Ray, Shawn Camp; row 2: Gustavo Hernandez, Jamie Jones, Luis Quinones, Paul Matherly, Stephen Jansen, Tony Quinones and Jesse Cisneros.

**3:** Patti Cisneros competes in the hurdles during a meet versus Morgan Township.

**4:** William Bradford strives to clear the high jump bar during competition.

**5: Junior High Boys Track Team:** row 1: Matt Kennedy, Francisco Hernandez, Derek Chirch, Henry Rodriguez, Tommy Long, Marc Remus; row 2: Eliu Fontanez, Eric Burgos, David Fontanez, Javier Heridia, Eliezer Fontanez, Eddie Maldonado, Benji Kincheloe, Alex Cisneros, Brian Drwecki, David DeVault; row 3: Coach Al Dettlerline, Aaron Rymer, John Castro, Shane Coleman, Nathan Romo, Frank Caporale, Joe Lewis, Manuel Martinez, Jesse Catlin, Mike Domsic, Robert Otero, Ryan Csonka, Jered Peters, Maurice Thomas and Coach Jim Spencer.

**6: Junior High Girls Track Team:** row 1: Jennifer Clifford, April Aguirre, Jessica Sutton, Becky Chirch, Becky Phillippe, Shannon Servin; row 2: Coach Michelle Baldauf, Amy Ferris, Andrea Neyhart, Kristin Gilliana, Coach Gloria Komosa.

### Junior High Boys Track (2-3)

|                 | Opp. | RF |
|-----------------|------|----|
| Willowcreek     | 80   | 11 |
| Willowcreek     | 74   | 17 |
| Hanover Central | 64   | 43 |
| Boone Grove     | 26   | 74 |
| Lake Station    | 45   | 55 |

### Junior High Girls Track (0-5)

|                 | Opp. | RF |
|-----------------|------|----|
| Washington Twp. | 99   | 1  |
| Hanover Central | 96   | 8  |
| Harrison        | 71   | 19 |
| Lake Station    | 90   | 1  |
| Lake Ridge      | 26   | 25 |

# Gaskins receives Most Valuable Player.

RF's Golf Team struggled during the season. The team finished the season with a record of only 3-11.

The team's only senior, Joe Gaskins, was honored as Most Valuable Player. Freshman Chris Carlson was named Most Improved. Mr. Dennis Leonard served as the squad's coach.





**1: Varsity Golf Team:** row 1: Joe Gaskins and David Keefover; row 2: Chris Carlson, Brian Ray, Coach Dennis Leonard, James Massey and Jason Pedroza.

**2:** Taking a good swing, Jason Pedroza, junior, tries to get his ball back into play.

**3:** Freshman Chris Carlson lines up for the putt.

**4:** Joe Gaskins, senior, takes his second shot on the fairway.

**5:** Sophomore David Keefover concentrates on making the putt during practice.



# Diamonds produce mixed seasons

The 1995 Varsity Baseball Team ended their season at 4-21. The wins came scattered in the season, beating North Judson, Kouts, Morgan Township, and Lake Station.

The 1995 Varsity Softball team had quite a different outcome. The team started out slow, but came out strong, winning their last five games. Their 7-9 record proved they were in a "League of Their Own."

**1: Varsity Baseball Team:** row 1: Trey Gilliana, Jason Pieschala, Coach Jim Pieper, Randy Pearl, Shawn Bock; row 2: Javier Fuentes, Bill Pappas, Joseph Gallagher, Vince Rosado, Steve Higgins; row 3: Eric Ostrander, Chuck Hudson, Colin McAllister, Dan Catlin, Brandon Rymer, and Johnny Herring.

**2: Junior Varsity Baseball Team:** row 1: Pablo Russi, Ryan McKay, Robert Higgins, Tom Lane, Juan Salas, Jeff Guined, Luis Hernandez, Gary Hardesty, Anthony Palmer; row 2: Ryan Guerrero, Coach John Gutierrez, Mike Cruz, David Tolin, Bryan Howard, Jason Varney, Kevin Tolin, Mike Cortez, Steve Duran, and Phil Guerrero.

**3: Colin McAllister, junior, takes a hopeful swing during his game.**

**4: Varsity Softball Team:** row 1: Stacey Shrewsbury, Misti Stutler, Amanda Stutler, Patricia Willis, Jaquita Chavez; row 2: Jennifer Maldonado, Dawn Weger, Angela Alfano, Heather Hopper, Christina Newsome, Jill Martin, and Coach Donna Briggs.

**5: Junior Varsity Softball Team:** row 1: Misti Stutler, Jessica Heridia, Stacey Shrewsbury, Beth Weger, Stephanie Santiago; row 2: Stephanie Jansen, Kim Mills, Kristina Caporale, Roberta Willis, Crystal Richard, Sally Quinlan, and Coach Joe Burleson.

**6: Amanda Stutler, senior, waits to deliver a pitch during the sectional.**



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### Varsity Softball (7-9)

|                 | Opp. | RF |
|-----------------|------|----|
| North Newton    | 9    | 3  |
| Griffith        | 10   | 0  |
| Hanover Central | 10   | 0  |
| Hobart          | 2    | 12 |
| Portage         | 7    | 3  |
| Morgan Township | 3    | 1  |
|                 | 12   | 0  |
| Calumet         | 8    | 7  |
| Hammond Gavit   | 5    | 1  |
| Kouts           | 0    | 13 |
|                 | 1    | 2  |
| Hammond Clark   | 1    | 11 |
| Whiting         | 4    | 7  |
| Hebron          | 4    | 9  |
| Sectional       |      |    |
| Hobart          | 3    | 11 |
| Portage         | 14   | 3  |

### Varsity Baseball (4-21)

|                 | Opp. | RF |
|-----------------|------|----|
| North Newton    | 12   | 5  |
|                 | 11   | 1  |
| Hobart          | 5    | 4  |
| Hammond         | 14   | 4  |
| North Judson    | 6    | 4  |
|                 | 11   | 19 |
| Wheeler         | 15   | 1  |
| Andrean         | 10   | 0  |
| Lake Station    | 15   | 9  |
|                 | 6    | 5  |
| Kankakee Valley | 23   | 1  |
|                 | 10   | 0  |
| Kouts           | 0    | 4  |
| Hebron          | 8    | 4  |
| Rensselaer      | 7    | 1  |
|                 | 17   | 3  |
| Lew Wallace     | 12   | 11 |
| South Central   | 14   | 0  |
| Lowell          | 15   | 1  |
|                 | 13   | 0  |
| Griffith        | 10   | 5  |
| Morgan Township | 1    | 3  |
| Roosevelt       | 11   | 8  |
| Lake Station    | 3    | 5  |
| Merrillville    | 7    | 1  |

## Organizations emphasize serving others

Honor Society members helped the community and school during the year. Society members made necklaces and bracelets, which they sold at the Multicultural Fair in April. Proceeds from the fair were donated to the town of New Chicago to plant trees along Huber Boulevard.

Honor Society also donated 40 paperback books to the English Department. The novel was read by students at the freshman level.

In the spring, new inductees participated in a ceremony held on April 6. The new members and their families were honored at the ceremony held in the school library.

Because of their hard work, River Forest's Honor Society was rewarded with a boat trip in Chicago on May 16.

Student Council sponsored many assemblies, such as the recognition assembly, basketball and football assemblies, and Spirit Week assemblies. The Spirit Week assemblies included themes of "Wayne's World," Elvis, "The Mask," and "The Blues Brothers."

Student Council also sponsored Basketball and Football Homecomings. Council members also held a fund raiser for the Heart Association.





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**1: Honor Society:** row 1: Patty Alvarado, Sara Rogers, Crystal Pelfrey, Bonny Lavrick, Jamie Massey, Patty Cisneros; row 2: Trey Gilliana, Angela Alfano, Lynde Gillis, Jennifer Rowland and Michelle Schuffert.

**2:** Charlotte Hale, sophomore, sells necklaces and bracelets at the Multicultural Fair.

**3:** Students take a break as Angela Alfano, senior, prepares for her speech.

**4:** Angela Alfano, senior, makes her speech at the Honor Society inductions.

**5:** Sara Rogers, junior, lights a candle at the ceremony.

**6:** Honor society members listen as Mr. Don Callahan introduces the new inductees.

**7: Student Council:** row 1: Jason Shakula, Maritza Rocha, Angel Gilarski, Tim Dulin, Nicole Squires, Alicia Long, Christal Pavlik; row 2: Trey Gilliana, Angela Alfano, Sara Rogers, Chris Pruitt, Ruben Jimenez, Megan Baimakovich, Patty Cisneros, Daniel Catlin, Lisa Gutierrez, Diane Palmer, Patty Alvarado; row 3: Robert Bartley, Marisha West, Lynde Gillis, Crystal Sass, Amanda Stutler, Veronica Zambrana, Jennifer Cranfill, Bonny Laverick and Tami Gurley.



**1:** Sophomore Eric Ostrander and seniors Veronica Adams and Junejeta Carroll prepare for the upcoming Super Bowl competition. The English team received first place at the conference meet.

**2:** Senior Patty Willis captures a second place medal in fine arts on the scholastic level for her efforts at the area Decathalon competition.

**3:** Jeff Anderson, Junior, accepts a first place medal overall on the varsity level at the Decathalon area contest.

**4: Super Bowl Team:** row 1: Stephen Jansen, Veronica Adams, Junejeta Carroll, Lynde Gillis; row 2: Tami Gurlley, Joseph Gallagher, Patty Willis, Angela Alfano; row 3: Michael York, Eric Ostrander, Trey Gilliana and Patty Alvarado.

**5: Decathalon Team:** row 1: Veronica Adams, Patty Willis; row 2: Joseph Gallagher, Angela Alfano, Lynde Gillis, Junejeta Carroll; row 3: Eric Ostrander and Trey Gilliana.

**6: Spell Bowl Team:** row 1: Angel Gilarski, Veronica Adams, Junejeta Carroll; row 2: Stephen Jansen, Joseph Gallagher, Patty Willis, Tracy Bryson; row 3: Eric Ostrander and Trey Gilliana.

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# Blowing Away Competition

It was no competition for RF's academic teams this year. The three academic teams placed third in conference competition.

This year's Spell Bowl, Decathlon and Super Bowl teams competed at various meets throughout the year. This year the Northwest Hoosier Conference Academic Super Bowl was held in RF's Bill Logan Gymnasium. Members of this team were responsible for winning first place overall. The Decathlon team received second at conference and a second at area in the small school division. This year, senior Joe Gallagher and junior Jeff Anderson were selected for the All Conference team and senior Juneyeta Carroll was selected as alternate.

Coaches for the academic teams were Mrs. Kathy Hooks and Mr. Robert Grenert. Mrs. Roberta Harnish and Miss Francie Blaney served as assistant coaches.



## Newspaper Staff catches attention

RF's *Ingot Informer* staff was honored in the spring by placing second in the *Hammond Times* school newspaper contest. Munster High School was first and Crown Point High School placed third.

The staff worked hard this year to make deadlines and inform students about current events.

This year's newspaper staff achieved a remarkable goal by publishing a 28-page senior edition.

A banquet was held at the Paragon Family Restaurant on May 24 to honor the newspaper and yearbook staffs for their accomplishments.

The newspaper staff consisted of twelve students. Precius Thomas was the only senior on staff and also the publication's editor.





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1: Chris Pruitt, junior, and Trina Bock, sophomore, joke around at Purdue Calumet's Journalism Day.

2: Newspaper staff members converse at Purdue Calumet's Journalism Day.

3: Members of the newspaper staff read over handouts they received at Journalism Day.

4: Newspaper and yearbook members eat pizza at the honor luncheon sponsored by Mr. Don Callahan, principal.

5: Krista McGuire, junior, Precius Thomas, senior, and Diana Wilson, junior, talk over lunch at the Purdue Calumet Journalism Day.

6: **Newspaper Staff:** row 1: Diana Wilson, Becky Chirch, Krista McGuire; row 2: Mr. Davee Muir, Trina Bock, Wendy Lavrick, Dawn Biancardi, Tracy Bryson; row 3: Jill Martin, Angela Bell, Chris Thompson, Chris Pruitt, and Daniel Catlin.

# Above The Rest

While many students were enjoying their summer vacations, 135 students plus the auxiliary corps members trudged to summer practice to master the technique of marching. These students dedicated their time and their effort and it showed.

The band received two first place trophies for their participation in the Hobart and Lake Station Fourth of July parades.

**1: High School Band:** row 1: Chrissy Newsome, Jennifer Olivarri, Kim Mills, Crystal Richard, Bianca Polizzotto, Stephanie Jansen, Faith Alahouzos, Jennifer Maldonado, Vanessa Reeves, Tracey Pacely, Terri Hardesty; row 2: Stephanie Santiago, Krista McGuire, Shelly Doffin, Sarah Saalwaechter, Jill Martin, Krissy Caporale, Misti Stutler, Bonny Lavrick, Junejeta Carroll, DeAngela Ward; row 3: Angela Alfano, Beth Eckstrom, Beth Weger, Jodie Baron, Mary Lemke, Milagro Dominguez, Melissa Pianti, Stacey Shrewsbury, Roberta Willis, Faith Sobel, Mendee Taylor, Sara Rogers, Amie Rogers, Patti Willis, and Cassandra Cruz.

**2: High School Band:** row 1: Sara Thompson, Jason Shakula, Jennifer Karageorge, Todd Compton, Angel Gilarski, Nicole Morris, Diane Palmer, Nicole Squires, Karen Kawohl, Danielle Mayes; row 2: Derrick Flowers, Rachel Vasquez, Pablo Russi, Trey Gilliana, Amrik Carroll, Bill Pappas, David Tolin, Brent Walker, Dawn Weger, Amanda Stutler, and Maritza Rocha.

**3: High School Band:** row 1: Amanda Santmyre, Jessica Heridia, Jeremy Gallo; row 2: Heidi Mills, Jill Horn, Mandy Howell, Trina Bock, Marisha West, Nick Oslizlo, Amy Collins, Sherry Therault, Becky DeLeon, Janette Loughran; row 3: Loni Verduzco, Juan Martinez, Stephen Jansen, Stephen Higgins, Mike Cortez, Gary Hardesty, Mike Cruz, David Torres, Anthony Palmer, Shawn Camp, Ruben Jimenez, and Dan Catlin.





**4: High School Band:** row 1: Darren Flowers, Sean Ramey, Melissa Clifford, Stephen Duran, Mike Sellers, Joe Bull, Jesse Cisneros, Yuki Hadano, Omar Hernandez; row 2: Doug Guess, Eric Ostrander, Jason Varney, Tony Toscani, Vince Rosado, Leon Hudson, Randy Kingery, Jim Wielogorski, Chris Manos, and Chad Guined.

**5: Auxiliary Corps** leads the crowd during the Homecoming snake.

**6: High School Band:** row 1: Glenn Whitmore, Cathy Lyons, Juan Blankenship, Ryan Guerrero, Greg Gilliana; row 2: Jeff Guined, Phil Guerrero, Randy Pearl, Colin McAllister, Lynde Gillis, Manny Heridia, Shane Nalley, and Jamie Jones.

**7: Auxiliary Corps:** row 1: Patty Alvarado, Crystal Pelfrey, Karen Kawohl, Bonny Lavrick, Stephanie Santiago; row 2: Loni Verduzco, Misti Stutler, Bianca Polizzotto, Trina Bock, Cynthia Vega; row 3: Harmony Kingery, Mandy Howell, Patty Cisneros, and Amy Collins.

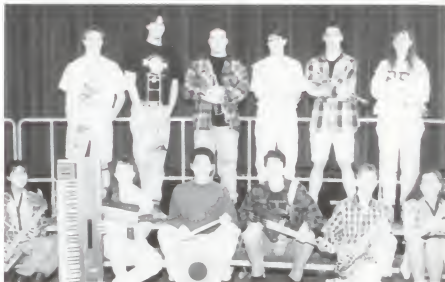
# Musical groups march, perform for crowds

Capturing the right mood often means selecting the right music. Band members worked tirelessly to provide music for audiences and to keep in-step while marching.

The band proudly marched in the St. Patrick's Day Parade in Chicago and the Fourth of July parades in Hobart and Lake Station. The group also played at the Multicultural Fair and their spring concert.

Jazz Band members competed at area and state contests. They also participated in a jazz fest at Valparaiso University and at RF.

Intermediate Band members performed for the Junior High Honors Breakfast and held their own spring concert.



**1: High School Jazz Band:** row 1: Jennifer Olivari, Marisha West, Ruben Jimenez, William Pappas, Jeremy Gallo, Stephanie Santiago; row 2: Doug Guess, Anthony Toscani, Trey Gilliana, Michael York, Amrik Carroll, and Amanda Stutler.



**2: High School Pep Band:** row 1: Cathy Lyons, Patty Willis, Bill Pappas, Jeremy Gallo, Marisha West; row 2: Angel Gilariski, Heidy Mills, Sara Thompson, Faith Sobel, Junejeta Carroll, Mary Lemke, Stephanie Jansen, Jennifer Olivari; row 3: Todd Compton, Nicole Morris, Stephen Jansen, Jason Shakula, Michael York, Ruben Jimenez, Mendee Taylor, Sean Ramey; row 4: Doug Guess, Vanessa Reeves, Chrissy Caporale, Randy Pearl, Tony Toscani, James Wielogorski, Chris Manos, Mike Sellers, and Melissa Clifford.



**3: The Pep Band performs at a high school basketball game.**



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**4: Intermediate Band:** row 1: Matthew Doffin, Kristin Gilliana, Rosie Vaughan, Kelly Therault, Diana Mansberry, Tiffany Bowen; row 2: Harmony Kingery, Candy Robinson, Jessica DeFord, Amanda Higgins, Melissa Bagley, Maria Cuevas, and James Wilson.

**5:** Amanda Santmyre, sophomore, performs a routine during halftime at a football game.

**6: Intermediate Band:** row 1: David Aliff, Tony Clemczek, Javier Heridia; row 2: Natalie Cartagena, Rickey Sturgill, Manuel Martinez, Jeff Long, Adam Hall, Gary Moss, Johnny Herring, Jennifer Kindler; row 3: Maria Concepcion, Troy Mezera, Christopher Carlson, David Fontanez, Ryan Csonka, and Erica Barrow.



# Sounds Emerging to Success

What is the best way to achieve your goal? Well, Beginning Band and Choir spent many hours in practice, practice, practice trying to achieve their goals.

Choir members set their sights on one major goal during the year. This goal was to do whatever was necessary to help the group get to Washington D.C. Their performances at the Children's Museum in Indianapolis during the winter helped the group to clench an invitation to sing in Washington D.C.

Beginning Band spent many hours during class and at home practicing to achieve a higher level of success.





**1: Beginning Band:** row 1: Rita Verdusco, Jessica Gonzales, Amber Cillian, Tabatha Harrison, Laurie Nafus, Jill Loughran, Leticia Verdusco, Tracy Bryson, Tracie Mezera; row 2: Richard Baron, Patty Cisneros, Adriana Tellez, Jessica Sutton, Victoria Wallace, Catherine Biancardi, Jennifer Clifford; row 3: Anne Steeley, Callena Burns, Stacey Shrewsbury, Billie Jo Cobb, Samantha Pieszcchala, Brooke Ostrander, Angeliue Wilson, Sarah Saalwaechter, Kyriake Mamaes, Melissa Bradford, Krissy Caporale and Andrea Neyhart.



**2: Beginning Band:** row 1: Ruben Jimenez, Brent Aguirre, Brandy Schultz, Demaris Ginorio, Michael Jimenez, Annie Kearby; row 2: Verle Huddleston, Kevin Shinkle, Jeremy Jones, Joseph Kroledge, Jon Horn, David Collazo; row 3: Jason Rogers, Malissa Burge, David Hall, Denise Kennedy, Melissa Clifford, Frank Caporale, Todd Compton, Matilda Sanchez, Wendi Miller, Danielle Mayes, Tommy Long, Tiffany Szpagara and Jasmina Perez.

**3: Beginning Band:** row 1: Anivell Medina, Alex Mefford, Stephen Alexander, Joe Pedroza, Chris Scott, Charles Mitchell; row 2: Robert Milchak, David Kelley, John Shannon, Bernard Breese, Tim Brewer, Carmie Slone, Marvin Scott and Benji Kinche-loe.

**4: High School Choir:** row 1: Diana Wilson, Cassandra Pennington, Jamie Moore, Charles Robinson, Marty Blankenship, Lirka Cordero, Socorro Astorga, Christal Pavlik, Amanda Minnich; row 2: Joe Kapciak, Krystal Carroll, Dana Ondo, Jason Pedroza, Joe Pedroza, Christena Besaw, Rosemary Mitchell, Melissa Harrison, Christina Cuevas, Charlotte Hale; row 3: Elizabeth Diaz, Lillia Ginorio, Shannon Reeves; row 4: Peggy Simons, Marissa Flores, Catherine Hook, Melissa Gunn, Doug Blowers, Belinda Bayless, Crystal Stover, Angie Bell and Jennifer Castro.



**5: Junior High Choir:** row 1: Amy Parnell, Veronica Mundo, Sherrie Gunter, Amanda Palmer, Rebecca Phillippe, Jason Ralph, Timothy Dixon, Matthew Kennedy, Irwin Cartagena; row 2: Annette Sanchez, Misty Borens, Margarita Santiago, Ricky Gonzalez, George Mendez, Josue Bojorquez, Yolanda Puentes, Amanda Herrera, Erica Mullins; row 3: Samantha King, Elizabeth Lockhart, Trisha Cadle, Terri Ballard, Paul Smith, Andrew Degman, Paul Arnold, Kathy King, Susan VanVleet and Amanda McCugh.

**6:** During Multicultural Week, senior Joe Pedroza sings "Circle of Life," the theme song from the "Lion King."

**7:** High School Choir members sing for RF during Multicultural Week.



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1: Yearbook staff members make caroling a part of their annual Christmas staff party.

2: **Yearbook Staff:** row 1: Michelle Doffin, Natalie Peters, Misti Stutler, Kelly Therault; row 2: Derrick Flowers, Carol Persley, Tabetha Wendrickx, Miss Francie Blaney, Christal Pavlik, Randy Kingery; row 3: Rosie Vaughan, Nichole Woelk, Krystal Carroll, Joe Pedroza, Harmony Kingery, Mendee Taylor and Jackie Bojorquez.

3: In yearbook class, sophomore Misti Stutler writes her copy block for a volleyball layout.

4: Sophomores Carol Persley and Michelle Doffin enjoy the festivities at the Christmas party.

5: Freshmen Mendee Taylor, Rosie Vaughan and sophomore Tabetha Wendrickx relax before their next session at a journalism workshop at Purdue Calumet.

6: During class, sophomores Carol Persley, Michelle Doffin and freshman Christal Pavlik design a new poster for yearbook sales. The staff sold over 200 books.

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## Staff members boost ad sales

Yearbook members topped the ad sales chart in the fall. The group sold \$3,317.50, \$1,137.50 over their budget. The money they raised over their budget went toward the purchase of 12 extra pages for the yearbook.

Although this year's yearbook staff was inexperienced, they managed to meet every deadline with extra pages.

Serving as editor, sophomore Tabettha Wendrickx was the only returning staff member from last year. Junior Natalie Peters was the book's business manager.

The group spent many hours selecting a theme. "Beyond This Point" was selected and the cover artwork was prepared by Walsworth Publishing Company at a fall workshop.

Along with the newspaper staff, yearbook members held their annual banquet at the Paragon Restaurant. The staffs also attended "Journalism Day" at Purdue Calumet in the winter.



# Making It Happen

Spanish Club and Junior Achievement actively held sales to raise funds.

Spanish Club was a new organization this year. They sponsored many dances and held bake sales. The group collected their intended goal.

Junior Achievement developed strategies for marketing products. They sold clothing and mugs as their project.

**1:** At the Spanish Club bake sale, junior Elizabeth Diaz serves RF students.

**2: Spanish Club:** row 1: Michelle Schuffert, Katrina Martinez, William Vasquez; row 2: Dollie Aguilar, Luis Rodriguez, Christina Moreno, Cassandra Cruz; row 3: Angel Gilarski, Jason Shakula, Melissa Clifford, and Omar Hernandez.

**3:** Mr. Al Lerma samples baked goodies at the Spanish Club bake sale.

**4: Junior Achievement Officers:** row 1: Alex Mosqueda, Patty Alvarado, Bonny Lavrick, Juneyeta Carroll; row 2: Shawn Bock, Angela Alfano, Lynde Gillis, Amanda Stutler, and Trey Gilliana.





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# *Tops on a scale of 1 to 10*

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**Valdictorian**  
Trey Gilliana



**Salutatorian**  
Patty Alvarado



**Salutatorian**  
Lynde Gillis



Angela Alfano  
Bonny Lavrick  
Jamie Massey



Patricia Willis  
Precius Thomas  
Joseph Gallagher



Juneyeta Carroll



# Senior Credits

## **Veronica Adams**

Spell Bowl 1, 2, 3, 4; Academic Decathlon 4; Super Bowl 3, 4; Junior Achievement 4, secretary 4; Marching Band 1; American Legion Americanism Award 3.

## **Angela Alfano**

Honor Society 2, 3, 4, president 4; Academic Decathlon 4; Super Bowl 4; Student Council 1, 2, 3, 4; Junior Achievement 4, treasurer 4; Marching Band 1, 2, 3, 4, president 4; FHA 2, 3; Volleyball 1, 2, 3, 4; Girls Basketball 1, 2, 3, 4; Girls Track 2, 3, 4; Softball 4; Football Homecoming Queen Court 4; Miss Basketball 4; Class Secretary 1, 3; Class Vice President 4; Volleyball All-Conference 3; Girls Basketball All-Conference 4.

## **Angie Allen**

Student Council 1, secretary 1; Junior Achievement 4, secretary 4; Yearbook Staff 3.

## **Patty Alvarado**

Honor Society 2, 3, 4, secretary 4; Academic Decathlon 4; Super Bowl 4; Student Council 1, 2, 3, 4; Junior Achievement 4; Marching Band 1, 2, 3; Auxiliary Corps 1, 2, 3, 4; Volleyball 1, 2, 3, 4; Girls Tennis 1; Football Homecoming Queen 4; Miss Ingot Spirit Court 4; Class Vice President 1; Class Secretary 3; Class President 2, 4; Volleyball All-Conference 3.

## **Robert Bartley**

Student Council 4, president 4; Marching Band 3; Pep Band 2; Golf 4.

## **Shawn Bock**

Junior Achievement 4; Football 2, 3, 4; Baseball 1, 2, 3, 4; Mr. Football 4; Bench Press Con-

test 4.

## **Timothy Brewer**

Football 1; Boys Track 1; Bench Press Contest 4.

## **Juneyeta Carroll**

Spell Bowl 2; Academic Decathlon 2; Super Bowl 2, 4; Student Council 1; Junior Achievement 4, vice president 4; Marching Band 1, 2, 3, 4; Pep Band 1, 2, 3, 4; Cheerleader 1, 2, 3, 4; Girls Track 1; Who's Who 2, 3, 4; All-American Cheerleader 4.

## **Brian Clare**

Junior Achievement 4; Boys Basketball 1, 2; Baseball 2.

## **Amy Collins**

Junior Achievement 4; Marching Band 1, 2, 3, 4; Auxiliary Corps 2, 3, 4; Girls Tennis 1, 2; Girls Basketball 3.

## **Jennifer Cranfill**

Student Council 4, secretary 4; FHA 3.

## **Brandi DeFord**

FHA 2.

## **Rebecca DeLeon**

Junior Achievement 4, treasurer 4; Marching Band 1, 2, 3, 4; Field Commander 3, 4; Auxiliary Corps 2; Girls Cross Country 1, 2, 3, 4; Girls Track 4; Football Homecoming Queen Court 3, 4.

## **Elizabeth Eckstrom**

Junior Achievement 4, treasurer 4; Marching Band 1, 2, 3, 4; Volleyball 1, 2, 3, 4; Girls Basketball 1, 2, 3, 4; Girls Track 3, 4; Miss Ingot Spirit Court 4.

## **David Flores**

Boys Basketball 1, 2, 3; Baseball 3.

## **Hector Fontanez**

Junior Achievement 4; Boys Basketball 2, 3, 4.

## **Joseph Gallagher**

Spell Bowl 4; Academic Decathlon 3, 4; Super Bowl 3, 4; Marching Band 1; Pep Band 1; Boys Tennis 1, 2; Boys Basketball 2, 3; Baseball 3, 4.

## **Joe Gaskins**

Football 1, 2, 3, 4; Golf 1, 2, 3, 4.

## **Trey Gilliana**

Honor Society 2, 3, 4; Spell Bowl 4; Academic Decathlon 4; Super Bowl 3, 4; Student Council 1, 2, 3, 4; Junior Achievement 4, president 4; Marching Band 1, 2, 3, 4, vice president 4; Jazz Band 2, 3, 4; Boys Tennis 2, 3, 4; Baseball 3, 4; Mr. Ingot Spirit Court 4; Class Treasurer 2, 3, 4; All-State Academic Tennis Team 4.

## **Lynde Gillis**

Honor Society 1, 2, 3, 4; Academic Decathlon 4; Super Bowl 4; Student Council 1, 2, 3, 4; Junior Achievement 4, vice president 4; Marching Band 1, 2, 3, 4; Cheerleader 1, 2, 3, 4; Spanish Club 4; Volleyball 1, 2, 3, 4; Football Homecoming Queen Court 4; Miss Ingot Spirit Court 4; Class Vice President 1; Class President 2, 3; Class Secretary 4.

## **Tamitha Gurley**

Student Council 4; Junior Achievement 4, president 4; Marching Band 1, 2, 3; Jazz Band 2, 3; Auxiliary Corps 2, 3, 4; Volleyball 1, 2, 3, 4; Girls Track 1, 2, 3, 4; Football Homecoming Queen Court 4.

## **Lisa Gutierrez**

Student Council 3, 4; Junior Achievement 4; Marching Band 1, 2, 3; Auxiliary Corps 1, 2, 3, 4; Yearbook Staff 3; Girls Tennis 1, 2, 3, 4; Girls Basketball 1,

# Senior Credits

3.

## **Jason Heath**

Golf 1, 2.

## **Kevin Hoobyar**

Junior Achievement 4; Marching Band 1, 2, 3; Boys Tennis 2, 3, 4; Golf 1, 2, 3, 4.

## **Heather Hopper**

Girls Tennis 1; Girls Basketball 1, 2, 4; Softball 4.

## **Stephen Jansen**

Spell Bowl 4; Super Bowl 4; Junior Achievement 4; Marching Band 1, 2, 3, 4; Pep Band 1, 2, 3, 4; Boys Cross Country 2, 3, 4; Boys Tennis 1, 2; Boys Basketball 1; Boys Track 1, 2, 3, 4.

## **Magdalena Jimenez**

Junior Achievement 4, secretary 4.

## **Lucretia Johnson**

Junior Achievement 4; Yearbook Staff 3.

## **Bonny Lavrick**

Honor Society 3, 4; Student Council 3, 4, secretary 4; Junior Achievement 4; Marching Band 1, 2, 3, 4; Auxiliary Corps 1, 2, 3, 4; Class Secretary 2.

## **April Leszek**

FHA 1; Volleyball 1, 2, 3, 4; Girls Tennis 1, 2, 4; Girls Basketball 1, 2, 3, 4; Girls Track 3; Miss Ingot Spirit 4.

## **Cathie Lyons**

Junior Achievement 4; Marching Band 2, 3, 4; Pep Band 2, 3, 4; Jazz Band 3.

## **Nick Manteau**

Junior Achievement 4; Football 1, 2, 3, 4; Wrestling 1, 2, 3, 4; Boys Track 1, 2, 3, 4; Bench Press Contest 1, 2, 4; Football All-Conference and All-Area.

## **Jamie Massey**

Honor Society 3, 4; Junior Achievement 4; FHA 2.

## **Kassandra Maynard**

Junior Achievement 4; Cheerleader 2, 3.

## **Alexander Mosqueda**

Boys Basketball 1, 3, 4.

## **Gary Niemeyer**

Junior Achievement 4; Marching Band 1; Bench Press Contest 1.

## **Jennifer Olivarri**

Marching Band 1, 2, 3, 4; Pep Band 1, 2, 3, 4; Jazz Band 1, 2, 3, 4; Cheerleader 1, 2, 3, 4; Miss Ingot Spirit Court 4.

## **Betty Owens**

FHA 2.

## **Bill Pappas**

Marching Band 1, 2, 3, 4; Pep Band 1, 2, 3, 4; Jazz Band 1, 2, 3, 4; Cheerleader Lifter 4.

## **Randall Pearl**

Junior Achievement 4; Marching Band 1, 2, 3, 4; Pep Band 2, 3, 4; Boys Basketball 1; Baseball 4.

## **Jason Pieszchala**

Marching Band 3; Football 1, 3, 4; Boys Track 2, 3, 4; Baseball 4; Mr. Ingot Spirit Court 4.

## **Everette Price**

Junior Achievement 4; Baseball 4.

## **Kevin Ranke**

Junior Achievement 4; Boys Tennis 1.

## **Vince Rosado**

Junior Achievement 4; Marching Band 1, 2, 3, 4, treasurer 4; Boys Cross Country 1, 2, 3; Boys Tennis 2, 3, 4; Boys Basketball 1, 2, 3, 4; Boys Track 2, 3; Baseball 1, 2, 3, 4; Mr. Basketball 4; Mr. Ingot Spirit 4.

## **Crystal Sass**

Student Council 4, vice president 4; Chorus 1, 2, 3.

## **Amanda Stutler**

Student Council 4, secretary 4; Junior Achievement 4, vice president 4; Marching Band 1, 2, 3, 4; Jazz Band 3, 4; FHA 3; Volleyball 1, 2, 3, 4; Girls Basketball 1, 2, 3, 4; Girls Track 1, 2, 3, 4; Softball 4; Miss Ingot Spirit Court 4; All-Conference Girls Basketball 3, 4.

## **Precius Thomas**

Honor Society 4; Junior Achievement 4; Newspaper Staff 3, 4, Editor 4.

## **Tony Toscani**

Junior Achievement 4; Marching Band 2, 3, 4; Pep Band 2, 3, 4; Jazz Band 3, 4; Football 1, 2, 3; Wrestling 1.

## **William Vasquez**

Spanish Club 4, treasurer 4; Golf 4.

## **Marisha West**

Student Council 4; Marching Band 2, 3, 4; Pep Band 2, 3, 4; Jazz Band 3, 4; Cheerleader 4; Girls Tennis 3.

## **Patricia Willis**

Spell Bowl 3, 4; Academic Decathlon 3, 4; Super Bowl 3, 4; Junior Achievement 4; Marching Band 1, 2, 3, 4; Pep Band 2, 3, 4; FHA 2; Softball 4.

## **Aaron Woynaroski**

Marching Band 1, 2; Pep Band 1, 2; Jazz Band 1; Football 4; Boys Tennis 1, 2, 3; Golf 4.

## **Veronica Yanez**

Student Council 4, president 4; Chorus 1, 2, 3, 4, president 4; Yearbook Staff 3; Cheerleader 3; Volleyball 1, 2, 3; Girls Basketball 1, 2, 3; Girls Track 1, 2; Baseball 1, 2.

## **Michael York**

Super Bowl 4; Marching Band 1, 2, 3; Pep Band 1, 2, 3, 4; Jazz Band 4; Football 1.

# New faces in different places

RF's administration underwent many changes in positions this year.

Mr. Robert Marszalek, who previously was RFJH Principal for three years, assumed Mr. Donald Tippet's position as Assistant to Superintendent. Mr. Don Callahan, former RFHS assistant principal, moved up to the position of high school principal. Mr. Rich Heavilin began his duties in the fall to take over as RFJH principal. The other new faces in the administration included Mr. Alfonso Lerma who was hired as assistant principal shortly after the school year began.

**Mr. Gerald E. McCullum**  
Superintendent  
**Mr. Robert W. Marszalek**  
Assistant to Superintendent



3



5

3: Mr. Gerald McCullum, Superintendent, verifies information during a telephone conversation.

4: **River Forest Community School Corporation Board:** Mrs. Lois Baker, Board Member; Mrs. Karen Muha, Board Member; Mr. John P. Zakutansky, Vice President; Mr. Harry Nelson Pedroza Sr., President; Mrs. Barbara Bennell, Secretary.

5: Mr. Robert Marszalek, Assistant to Superintendent, discusses corporation matters during a telephone call.

4





8



6 Mr. Don Callahan, RFHS principal, runs the day-to-day high school operations.

7 Mr. Alfonso Lerma, Assistant Principal, reviews student referrals. Mr. Lerma was a new addition to the school administration.

8 Mr. Rich Heavilin, RFJH principal, conducts school business via telephone.

9 Mr. Bill Logan serves his final year as Athletic Director. Mr. Logan retired in the spring.

7



9



**Mr. Don Callahan**  
High School Principal  
**Mr. Alfonso Lerma**  
High School Assistant Principal  
**Mr. Rich Heavilin**  
Junior High School Principal



1: Mr. Bill Logan and his wife, Mrs. Gloria Logan, stand conversing with Dr. Robert Wright at a reception given to honor Mr. Logan on February 24. Mr. Logan retired after 38 years of service.

2: Senior Vince Rosado (The Mask) begs Mr. Robert Grenert not to retire at the multicultural assembly.

3: Mr. Robert Grenert gives a speech after receiving an award. Mr. Grenert, Mrs. Peggy Hunt, and Mr. J. Ronald Hughes received an Excellence in Education award from the Rho Xi Chapter of Kappa Delta Pi.

2

3



# *Providing a century-worth of service*

Several RF faculty members collected honors in the spring. Three staff members retired, and their combined years of service totaled 103 years. Two staff members were named "Teacher of the Year" and three teachers were honored for excellence in education.

Mr. Tom Hontz, who finished his final year at River Forest, taught in the system for 32 years. Mr. Hontz taught English and speech, and was a drama instructor for several years.

After 33 years, Mr. Robert Grenert retired from teaching in

the spring. Mr. Grenert was involved in the Academic Teams, Junior Achievement, and Honor Society. He taught economics, history, and humanities.

As athletic director of River Forest Junior-Senior High School, Mr. Bill Logan retired after 38 years of service with the RF school system. During his career, Mr. Logan coached boys cross country, boys track, and boys basketball. Officials named the gymnasium in Mr. Logan's honor.

On May 9, Mrs. Susan Bertolo and Mr. Tom Hontz were honored at the Inland Steel-Ryerson ban-

quet. Mrs. Bertolo was named Teacher of the Year for the Northwest Indiana cooperative. Mr. Hontz received the award for River Forest.

Three staff members received an excellence in education award from the Rho Xi Chapter of Kappa Delta Pi. Mr. Grenert, Mr. J Ronald Hughes, and Mrs. Peggy Hunt were honored for their multicultural program at a luncheon on May 13. Kappa Delta Pi is an international honor society in education.



4: Mr. Tom Hontz reviews his Inland Steel-Ryerson Foundation Teacher of the Year certificate. Mr. Hontz retired at the end of the school year.

5: Mrs. Susan Bertolo and her husband, Mr. Gerry Bertolo, converse with Mr. Gerald McCullum, superintendent, during the Inland Steel-Ryerson Foundation Teacher of the Year banquet.



## S'more to it than just the three R's

Feeling stressed by technology? School has become more complicated than just readin', writin' and 'rithmetic. Staff members met the challenge during the school year by attending workshops, revising curriculum and brushing up on computer skills.

In the fall, all faculty attended an inservice presentation about IPASS and portfolios. During the year,

some staff members traveled to conferences on new educational trends, and some wrote grants to secure funds for new programs for RF students.

In the future, perhaps graduates will fondly recall their school days filled with networkin', wordprocessin' and computin'.

Right: Mrs. Kathy Polak, treasurer, makes a "bewitching" Halloween appearance.



**Mrs. Melody Ayres**, Cafeteria Staff.

**Mr. Fred Baker**: Keyboarding I, II; Introduction to Business, Business Law/Business Management, and Intramurals Sponsor.

**Ms. Rachel Berkowitz**: Mathematics, Language Arts, Reading, Science, Social Studies, and Junior High Academic Team Co-Coach.

**Mrs. Susan Bertolo**: Language Arts, Mathematics, and Health/Speech.

**Miss Francine Blaney**: Language Arts 9, 11; Yearbook; Yearbook Adviser; and Academic Team Coach.

**Miss Christine Bobeck**: Introduction to Algebra and Mathematics 7, 8.

**Mrs. Donna Briggs**: Social Studies 7, Physical Education, Fitness and Conditioning; Varsity Volleyball Coach, Varsity Softball Coach, Junior High Advisory Board, and Impact Team.

**Mr. Jack Burton**: Junior High Chapter I, Varsity Football Coach, and Boys Varsity Track Assistant Coach.

**Mrs. Mary Anne Castellani**, Attendance Secretary.

**Mr. Rick Cheek**: Concert Band, Marching Band, Pep Band, Intermediate Band, Beginning Band, and Assistant Band Director.

**Mrs. Karen Chontos**, Guidance Secretary.

**Mrs. Irma A.N. Cuevas**: Spanish I, II, III and Spanish Club Sponsor.





**Mr. Charles Cullison:** General Mathematics, Pre-Algebra, Algebra, and Physics.

**Mr. Al Detterline:** Mathematics Problem Solving, Introduction to Algebra, Algebra I, Boys Varsity Basketball Coach, Boys Varsity Tennis Coach, and Boys Junior High Track Coach.

**Ms. Gayle Genge,** Cafeteria Staff.

**Mr. Doug Gerber:** Language Arts 7, 8; Junior High Cross Country Coach; Junior High Basketball Coach and Girls Varsity Tennis Coach.



**Mr. Robert Grenert:** Economics, Honors History, U. S. History, Humanities, Academic Team Coach, Junior Achievement Sponsor, and Honor Society Co-Sponsor.

**Mrs. Doris Guined,** Junior High Guidance Secretary.

**Mrs. Roberta C. Harnish:** Science 7, Earth Science, Junior High Cheerleading Coach, and Academic Team Coach.

**Mrs. Carolyn Hickman:** Chapter I Mathematics.



**Mr. Tom Hontz:** Speech 10 and Language Arts 10.

**Mrs. Kathy Hooks:** Biology I, Chemistry I, Academic Team Coach, Science Department Chairperson, and Honor Society Co-Sponsor.

**Mrs. Jean Hoskins,** Cafeteria Staff.

**Mr. J. Ronald Hughes:** Civics 9, U. S. History 8, 11; and Government.



**Mrs. Peggy Hunt,** Media Specialist.

**Mr. Richard Hyde:** General Science 7, 8; Junior High Football Coach; Varsity Football Assistant Coach; and Junior High Wrestling Coach.

**Mr. Keith Hyden:** Chapter I Mathematics, Junior High Volleyball Coach, and Junior High Girls Basketball Coach.

**Mr. Joseph Kapela:** General Music, High School Choir, Junior High Choir, and High School Choir Director.



**Mrs. Natalie Keller:** Language Arts 10, 11, 12.

**Ms. Gloria J. Komosa:** Art and Design I, II; Drawing and Painting I, II; Visual Arts; Quest; Junior High Girls Track Coach; and Art Fair Coordinator.

**Mr. Bill Logan,** High School and Junior High Athletic Director.

**Mrs. Carolyn Machaj,** Cafeteria Staff.

**Mrs. Angie Martinez**, Office Aide and Locker Room Aide.  
**Mrs. Pat McNabb**, Child Development, Parenting, Junior High Quest, Junior High Home Economics, Student Council Sponsor, Junior Class Sponsor, and Senior Class Sponsor.  
**Mrs. Sandra Mihalik**, Language Arts 7, 9, 11, and English Department Chairperson.  
**Mrs. Elizabeth Miranda**, School Nurse and Drug Fund Coordinator.



**Mr. Davee Muir**, Algebra, Newspaper, Programming, Calculus, Newspaper Adviser, and Mathematics Department Chairperson.  
**Mr. Paul Murray**, Drafting I, II; Architecture; Power Mechanics; Elementary Computer Applications; and HTTA Vice President.  
**Mrs. Carol Needham**, Library Clerk.  
**Mrs. Betty A. Newlin**, Junior High Secretary.



**Miss Laura Patrick**, Guidance Counselor 7, 8, and 9; and Junior High Academic Co-Sponsor.  
**Mrs. Kathy Polak**, Treasurer.  
**Mrs. Rosie Powers**, 28-year substitute teacher.  
**Mr. Robert Rajscie**, Manufacturing 8; Woods I, II, III, and IV; and Industrial Education Department Chairperson.



**Mrs. Gale Robertson**, High School Confidential Secretary to the Principal.  
**Mrs. Arelis Lopez Santiago**, Bilingual Education.  
**Miss Cynthia R. Sawyer**, Health 8, Evans Elementary Physical Education, Boys Varsity Cross Country Coach, Girls Varsity Cross Country Coach, and Junior High Girls Basketball Coach.  
**Mrs. Lenore Senovic**, High School Head Custodian.



**Right:** Santa and his RF friends serenade students with the traditional "White Christmas" tune at the annual holiday assembly.





**Left: RF's "slightly-over-the-hill" Faculty Volleyball Team:** row 1: Mr. Don Callahan, Mr. Al Lerma, Mr. Jim Weitzel (only minutely over-the-hill); row 2: Mrs. Irma Cuevas, Dr. Robert Wright, and Mr. Al Detteline.



**Mr. Daniel Siford:** Metals I, II, and III; Industrial Arts 7, 8; Boys Varsity Track Coach, and Sophomore Class Sponsor.  
**Mrs. Patricia Sisk:** Home Economics 7, 8; Beginning and Advanced Foods; and Home Economics Department Chairperson.  
**Mr. Weldon Slater:** Marching Band, Wind Ensemble, Jazz Band, Intermediate Band, Beginning Band, Fine Arts Department Chairperson, and Bus Supervisor.  
**Mrs. Barbara Spencer:** Cafeteria Staff.



**Mrs. Melinda Sutherland,** Junior High Confidential Secretary.  
**Mrs. Tanna Taylor,** Library Clerk.  
**Mrs. Teens Underwood,** Cafeteria Manager.  
**Miss Danyelle Ware:** French I, II, and III; Language Arts 9; Assistant Cheerleading Coach; and Freshman Class Sponsor.



**Mr. Donald L. Watkins:** Geography, and U. S. History.  
**Ms. Terry Watkins:** Computers; Accounting I, II, and III; Student Council Sponsor; Junior Class Sponsor; and Senior Class Sponsor.  
**Mr. Jim Weitzel:** Basic Health, Language Arts, Science, Mathematics, Government and Economics.  
**Mr. Jim Wells:** Biology, Life Science, and Environmental Science.



**Mr. Kirk Whiting:** Geography 7, Current Events, Psychology, World History, and U. S. History.  
**Dr. Bob Wright:** High School Guidance Counselor 10, 11, 12.

# JUNIORS

Jeffery Anderson  
Maegan Baimakovich  
Megan Baker  
Jodie Baron  
Belinda Bayless  
James Bickers



Frank Bran  
Darlene Buchko  
Shawn Camp  
Daniel Catlin  
Traci Chandler  
Patricia Cisneros



Lirka Cordero  
Josh DeShane  
Aaron DuShane  
Javier Fuentes  
Chad Guined  
Terri Hardesty



Amy Hendrix  
Erin Hendrix  
Billy Hennings  
Gabrielle Hess  
Miranda Howell  
Ruben Jimenez



1: Junior Ruben Jimenez runs in a meet at Valparaiso University.





1: Concentrating on a question, Gabrielle Hess, Charlotte Metz, and Christopher Pruitt represent their class at the Homecoming academic bowl during Spirit Week.



Jamie Jones  
Kristopher Kalch  
Elizabeth Kaminski  
Becky Kroledge  
Catherine Landeros  
Christopher Lauderback

Derek Lemley  
Leticia Martinez  
Paul Matherly  
Colin McAllister  
Krista McGuire  
Ryan McKay

Michele Melendez  
William Melhorn  
Charlotte Metz  
Christopher Odle  
Dana Ondo  
Michele Oslizlo

Billy Pacey  
Jason Pedroza  
Crystal Pelfrey  
Natalie Peters  
William Pelfrey  
Tonya Pinkerman

Melissa Piunti  
Christopher Pruitt  
Adam Puckett  
Geraldo Quinones  
Chad Ralph  
Sean Ramey

Veronica Ramirez  
Lori Rodrick  
Sara Rogers



Jennifer Rowland  
 Laura Rudd  
 Michelle Schuffert  
 Brian Stainton



Sherry Therault  
 Maurisha Thomas  
 Christopher Thompson  
 Philip Torres  
 Cynthia Vega  
 Monica Verduzco



Rodrigo Verduzco  
 Brent Walker  
 Dawn Weger  
 Glenn Whitmore  
 Leslie Williams  
 Diana Wilson



1



1: Junior Lirka Cordero finishes her lunch on red and gold day during Spirit Week.

2: Sherry Therault accepts the American Legion Recognition Award from Mr. Ron Hughes on November twentieth at a school assembly.





# SOPHOMORES



Faith Alahouzos  
Peter Aspros  
Michelle Avakian  
Jimmy Bellar  
John Bevil  
Trina Bock

William Bradford  
Nicholas Browning  
Tracy Bryson  
Damaris Burgos  
Kevin Burton  
Amrik Carroll

Rick Chandler  
Jaquita Chavez  
Jesse Cisneros  
Melissa Clifford  
Michael Cortez  
Crystal Cothren

Michael Cruz  
Christina Cuevas  
Elizabeth Diaz  
Michelle Doffin  
Milagro Dominguez  
Joseph Farster

Fundador Feliciano  
Scott Fields  
Darren Flowers  
Derrick Flowers  
Ben Fontanez  
Moses Fontanez

Rebeca Fontanez  
Angie Gasaway  
David Gill  
Gregory Gilliana  
Lilia Ginorio  
Adiel Gonzalez

Marisela Gonzalez  
Douglas Guess  
Sheila Gutierrez  
Charlotte Hale  
Adam Hall  
Gary Hardesty



Emmanuel Heridia  
Gustavo Hernandez  
Luis Hernandez  
Omar Hernandez  
Laura Herrera  
Johnny Herring



Catherine Hook  
Jillian Horn  
Bryan Howard  
Dennis Howell  
Leon Hudson  
John Hughes



Evelyn Jakich  
Sandra Jimenez  
April Kaehler  
David Keefover  
Randy Kingery  
Wendy Lavrick



Sandi Lockhart  
Janette Loughran  
Jennifer Maldonado  
Chris Manos  
Jill Martin  
Katrina Martinez



1: Sophomores Jill Horn, Tracy Bryson and Jesse Cisneros wait for the next question at the Homecoming academic bowl.





James Massey  
Kimberly Mills  
Crystal Mitchell  
Shane Nalley  
Christina Newsome  
Michael Newsome



Yaracely Nunez  
Eric Ostrander  
Tricia Owensby  
Tracey Pacely  
Anthony Palmer  
Diane Palmer



Amy Perkins  
Carol Persley  
Mark Persley  
Bianca Polizzotto  
Terry Powell  
Amanda Pratt



Luis Quinones  
Shannon Reeves  
Michael Rice  
Crystal Richard  
Regina Robinson  
Maritza Rocha



Luis Rodriguez  
Amie Rogers  
Brandon Rymer  
Amanda Santmyre  
Steven Schiller  
Robby Simons



Faith Sobel  
Misti Stutler  
Kevin Tolin  
David Torres  
Michael Torres  
Rachel Vasquez



Albert Ventura  
Loni Verduzco  
Christopher Vergis  
Darryl Wandrie  
Tabetha Wendrickx  
John Joseph Wick



Roberta Willis  
Brandon Wilson  
Nichole Woelk

# FRESHMEN

Dollie Aguilar  
Margaret Allen  
Troy Allen  
Jonathan Alt  
Jesse Alvarado  
Victor Arocho



Angela Bell  
Christena Besaw  
Dawn Biancardi  
Juan Blankenship  
Douglas Blowers  
Jacqueline Bojorquez



Shannon Borens  
Angel Brenemen  
Stephanie Brown  
Joseph Bull  
Elizabeth Cano  
Kristina Caporale



Christopher Carlson  
Krystal Carroll  
George Castillo  
Joshua Cole  
Todd Compton  
Christina Coons



David Croy  
Cassandra Cruz  
Robert De Ford  
Steve Drwecki  
Timothy Dulin  
Stephen Duran



Sarah Farthing  
Christina Fay  
Noel Fontanez  
Hugh Freeman  
Jeremy Gallo  
Angel Gilarski





Jessica Gonzales  
Patricia Gonzalez  
Jeffery Guined  
Melissa Gunn  
Tara Harding  
Melissa Harrison

Jeffery Henk  
Jessica Heridia  
Robert Higgins  
Richard Hinkle  
Steven Hoffman  
Raul Holguin

April Hook  
Al Hopper  
Charles Hudson  
Stephanie Jansen  
Robert Jarvis  
Robert Joy

Jennifer Karageorge  
Karen Kawohl  
Harmony Kingery  
Anthony Kroledge  
Thomas Lane  
Mary Lemke

Alicia Long  
Jeffery Long  
Christina Lyons  
Juan Martinez  
Danielle Mayes  
Jeremiah Melendez

Juan Mendoza  
Wendi Miller  
Heidy Mills  
Amanda Minnich  
Rosemary Mitchell  
Joshua Monnier

1: Freshman Krystal Carroll paints freshman Kenneth Nieves' face on red and gold day during Spirit Week.





1: Freshman Steven Petri attends an electrician's session hosted by Mr. David Soderquist, 1976 RF alumnus.

2: Freshmen get "fired up" at the RF Homecoming pep assembly.

2



1

Jamie Moore  
Christina Moreno  
Michael Morris  
Nicole Morris  
Kenneth Nieves  
Becky Nunez



Miranda Odle  
Christal Pavlik  
Cassandra Pennington  
Jasmina Perez  
Steven Petri  
Eva Piesyk



Jeanette Podgorski  
Tim Podgorski  
Anthony Quinones  
Michelle Ramos  
Amanda Ray  
Brian Ray



Vanessa Reeves  
James Rodgers  
Eugenio Rodriquez  
Mark Rose  
Erick Roth  
Pablo Russi



Sarah Saalwaechter  
Juan Salas  
Stephanie Santiago  
Dawn Sargent  
John Savia  
Doug Schadel





Jason Scott  
Marvin Scott  
Michael Sellers  
Heather Serles  
Jason Shakula



Chris Sheperd  
Stacy Shrewsberry  
Peggy Simons  
Ken Smith  
Nicole Squires  
Marilyn Stottlemire



Andy Stover  
Crystal Stover  
Autumn Studley  
Rickey Sturgill  
Jody Sutton  
Mendee Taylor



Kelly Therault  
Sara Thompson  
Jamie Thrasher  
David Tolin  
Josh Tully  
Jason Varney



Melissa Vaughan  
Rosie Vaughan  
Bernadette Verduzco  
Rita Verduzco  
DeAngela Ward  
Michelle Warren



Beth Weger  
James Wielogorski  
Meagan Wilson  
Richard Wilson  
Robert Wilson  
Tom Wilson



1: Freshmen Karen Kawohl and Danielle Mayes dress for Halloween during Miss Francie Blaney's seventh hour English class.

# EIGHTH

David Aliff  
Amanda Atterbury  
Melissa Bagley  
Charles Baldauf  
Terri Ballard  
Erica Barrow



Misty Borens  
Tiffany Bowen  
William Bowersock  
Bernard Breese  
Eric Burgos  
Katie Butchko



Matthew Carmer  
Natalie Cartagena  
Jeffery Chandler  
Derek Chirch  
Alex Cisneros  
Eliezer Concepcion



Maria Concepcion  
Ryan Csonka  
Jessica DeFord  
Brian Drwecki  
William Fancher  
Amy Ferris



1: Seventh graders David Hall and Tom Long carve their plaster art projects during sixth hour.





David Fontanez  
Eric Gaskins  
Kristin Gilliana  
Damaris Ginorio  
Ricky Gonzalez  
Christal Harder

Natalie Hardesty  
Amanda Harris  
Javier Heridia  
Bianca Hernandez  
Amanda Higgins  
Verle Huddleston

Anthony Knies  
Joseph Kroledge  
Richard Lewis  
Elizabeth Lockhart  
Robert Luedtke  
Melissa Luellman

Diana Mansberry  
Juan Martinez  
Manuel Martinez  
Amanda McCugh  
Dustin Metz  
Troy Mezera

Gina Munoz  
Michael Munoz  
Theresa Neely  
Jason Noel  
Ginny Nord  
Natasha O'Neill



1: Discussing the importance of careers, Mr. Richard Heavilin, junior high principal, addresses junior high students on Career Day.

1: Miss Laura Patrick, guidance counselor, talks to a small group of junior high students at the Career Day assembly.

2: Listening to a presentation, Charles Mitchell, seventh grader, attends Leona Stasko-McFarland's program during Career Day.



Danelle Ontiveros  
Roberto Otero  
Cassandra Pazdur  
Yolanda Puentes  
Candy Robinson  
Lisa Russi



Jason Saklak  
Annette Sanchez  
Margarita Santiago  
Jonathan Spicer  
Joshua Spicer  
Clayton Torres



Susan VanVleet  
Amber Varney  
Hector Vega  
Jennifer Vega  
Crystal Walker  
William Wandrie



James Wilson  
Sarah Woodruff  
Amber Wulitich  
Scott Young



# SEVENTH



Brent Aguirre  
Stephen Alexander  
Paul Arnold  
Richard Baron  
Catherine Biancardi  
Michelle Boyd

Joseph Breneman  
Becca Broderick  
Malinda Burge  
Malissa Burge  
Monica Burgos  
Callena Burns

Trisha Cadle  
Frank Caporale  
Irwin Cartagena  
Jesse Catlin  
Rebecca Chirch  
Amber Cicillian

Jennifer Clifford  
Billie Cobb  
David Collazo  
Christopher DeVault  
Andrew Degman  
Timothy Dixon

Jeremiah Farmer  
Eliezer Fontanez  
Eliu Fontanez  
Paul Garcia  
Timothy Gregory  
David Hall

Tabatha Harrison  
Robert Hernandez  
Amanda Herrera  
Tiffany Hopper  
Jonathan Horn  
Miranda Hyde



Michael Jimenez  
Jonathan Johnson  
Craig Jones  
Jeremy Jones  
Jessica Jones  
Annie Kearby



David Kelley  
Benji Kincheloe  
Anthony Klimczyk  
Jill Loughran  
Adam Lowe  
Kyriake Mamaes



Anivelr Medina  
Alex Mefford  
Tracie Mezera  
Charles Mitchell  
Veronica Mundo  
Kelly Myers



Laurie Nafus  
Andrea Neyhart  
Jennifer Ocasio  
Eric Osha  
Brooke Ostrander  
Amanda Palmer



Ryan Parks  
Eric Perez  
Robert Perry  
Rebecca Phillipe  
Annette Piesyk  
Samantha Pieszchala



1: Third hour seventh grade science students are entertained by Jeff Jean from Sea Reef Pet Store. Science teacher Mr. Richard Hyde's class learns about animal adaptations.



1: Brent Aguirre, seventh grader, works on his plaster art project in Mr. Paul Volk's art class.



Michael Powell  
Jason Ralph  
Marc Remus  
Leighton Rhodes  
Charity Rodriquez  
Henry Rodriquez

Jason Rogers  
Susan Roth  
Franklin Rymer  
Violeta Salas  
Matilda Sanchez  
Michael Sargent

Brandy Schultz  
Christa Serles  
John Shannon  
Kevin Shinkle  
Daniel Sibley  
Dustin Skeirys

Paul Smith  
Jonathan Soto  
Anne Steeley  
Jessica Sutton  
Tiffany Szpagara  
Adriana Tellez

Buster Thrasher  
Irene Valenzuela  
Thomas Vaughan  
Victoria Wallace  
James Whitaker  
Melissa Whitmore

Angelique Wilson  
David Wilson  
Hilda Wilson



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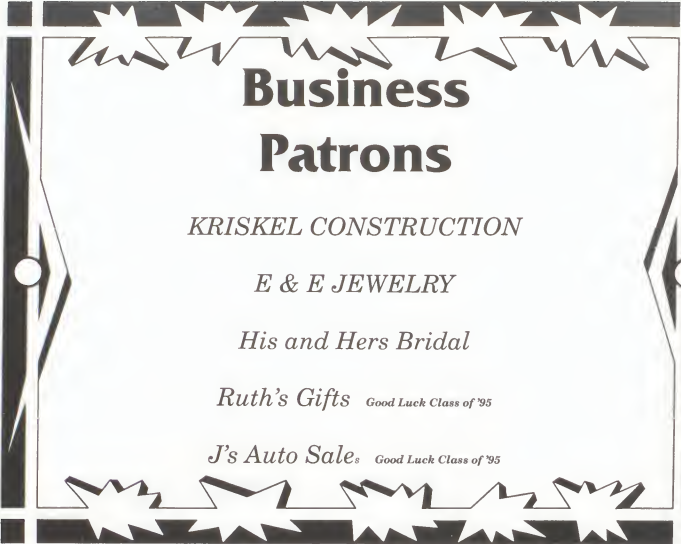
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Senior Kevin Hoobyar completes touch ups before he displays his grandfather clock at the Southlake Mall show.

## Choosing a new road

*Students embraced the following Golden Rules of the Road to survive: Persistence, Take Action, Enthusiasm, Positive Self-Image, and Success (You CAN succeed!).*

*The journey through the school year has been exciting and interesting. It has led us to this moment in time. We are at the crossroads where choices must be made.*

*What lies Beyond this Point? TIME! For underclassmen, the time will be filled with one to three more years of schooling. For seniors, time will hold the wonders of the unknown.*

*Beyond this Point there is always time to learn, grow and enjoy life.*

As editor of the 1995 Ingot yearbook, I would like to thank the members of my staff and our adviser Miss Francie Blaney. I would also like to thank Mrs. Valerie Tanke, Walsworth Publishing, and Barry's Photography. A special thank you goes to Mr. Don Callahan, principal, for supporting us through it all. We appreciated the encouragement.

Tabetha Wendrickx, editor

TIME,  
Beyond  
This  
Point

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the 1990s, the number of people in the UK who are employed in the public sector has increased by 1.5 million, from 2.5 million in 1980 to 4 million in 1995. The public sector has become a major employer in the UK, and its growth has been a major factor in the overall growth of the economy.

The public sector has also become a major employer of women. In 1980, women made up 40% of the public sector workforce, and by 1995, this figure had risen to 50%. This increase has been driven by a number of factors, including the growth of the public sector, the increasing participation of women in the workforce, and the increasing demand for public services.

The public sector has also become a major employer of people with disabilities. In 1980, people with disabilities made up 1% of the public sector workforce, and by 1995, this figure had risen to 3%. This increase has been driven by a number of factors, including the growth of the public sector, the increasing participation of people with disabilities in the workforce, and the increasing demand for public services.

The public sector has also become a major employer of people from ethnic minorities. In 1980, people from ethnic minorities made up 2% of the public sector workforce, and by 1995, this figure had risen to 5%. This increase has been driven by a number of factors, including the growth of the public sector, the increasing participation of people from ethnic minorities in the workforce, and the increasing demand for public services.

The public sector has also become a major employer of people with low qualifications. In 1980, people with low qualifications made up 10% of the public sector workforce, and by 1995, this figure had risen to 20%. This increase has been driven by a number of factors, including the growth of the public sector, the increasing participation of people with low qualifications in the workforce, and the increasing demand for public services.

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The public sector has also become a major employer of people with low motivation. In 1980, people with low motivation made up 10% of the public sector workforce, and by 1995, this figure had risen to 20%. This increase has been driven by a number of factors, including the growth of the public sector, the increasing participation of people with low motivation in the workforce, and the increasing demand for public services.

The public sector has also become a major employer of people with low commitment. In 1980, people with low commitment made up 10% of the public sector workforce, and by 1995, this figure had risen to 20%. This increase has been driven by a number of factors, including the growth of the public sector, the increasing participation of people with low commitment in the workforce, and the increasing demand for public services.







the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation 1999). The prevalence of mental health problems has increased in the general population, and the incidence of mental health problems has increased in the prison population.

There is a growing awareness of the need to address the mental health needs of prisoners. The Department of Health (2000) has published a strategy for mental health services, which includes a commitment to improve the mental health of prisoners. The Department of Health (2000) has also published a strategy for mental health services, which includes a commitment to improve the mental health of prisoners.

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the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation 1999). The prevalence of mental health problems has increased in all age groups, but the increase has been most marked in the young (Mental Health Foundation 1999).

There is a growing awareness of the need to address the mental health needs of young people (Mental Health Foundation 1999). The National Health Service (NHS) has a responsibility to provide services for young people with mental health problems, but the current NHS budget cuts have meant that the services available to young people have been reduced. The NHS has been forced to reduce the number of mental health professionals, and this has led to a reduction in the number of services available to young people (Mental Health Foundation 1999).

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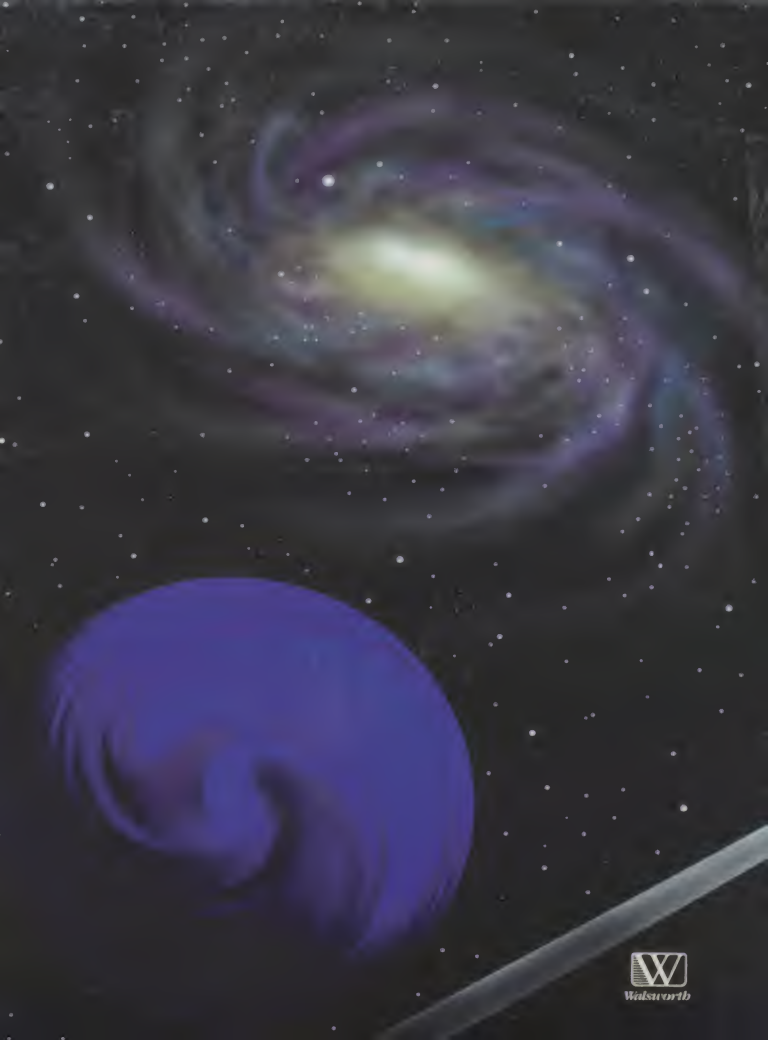
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Walsworth